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Subscribers will receive *The Military Star*, Dec. 25 and Jan. 1, when the *Hawaii Army Weekly* takes its two-week hiatus.



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DON'T BE A BYSTANDER

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Members of the SRT, 39th MP Det., stand ready while securing the Schofield Barracks NCO Academy during an active shooter training exercise, Dec. 11.

8th MP's SRT reacts to active shooter exercise

Story and photo by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — It was a morning like any other for faculty and students attending the Basic Leader Course at the Noncommissioned Officer Academy, when suddenly gunfire sounded throughout the academy.

Remembering their active shooter drills, faculty and students quickly reacted to evade the shooter.

Members of the Special Reaction Team (SRT), 39th Military Police Detachment, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, participated in an active shooter training exercise, Friday, at the NCO Academy, here.

After months of relentless drills honing their skills and improving team cohe-

sion, members of the SRT were once again tested on their abilities to successfully neutralize a threat. In this scenario, however, not all were able to safely elude the active shooter, so two victims became the shooter's hostages.

Role-playing as the active shooter, Special Agent Robert Campbell, 102nd MP Det., 19th MP Bn. (Criminal Investigation Detachment), 6th MP Group, took his hostages and holed up inside a barracks room, and waited for the first responders to make contact with him.

As the incident commander for this training exercise, Capt. Hannah Verner, 13th MP Det., 728th MP Bn., said she was first to arrive on scene.

"It's my job to immediately assess the scene as I see it and to make sure that I'm coming up with the best course of action and the best plan, along with my team, to get the threat neutralized as quickly as

possible," said Verner.

"My biggest concern is making sure I have all of my first responders out here in a timely manner," Verner continued. "Time is always of the essence in situations like these."

When working behind the scenes, incident command is the hub and is where first responders and other organizations gather in a crisis to collaborate their efforts in order to reach a solution, which will neutralize the threat.

"It truly is a group effort, and you need to have a strong relationship with your internal and external organizations," said Verner.

Finally, after several hours of trying to reach a peaceful resolution and with the shooter releasing only one of his hostages, Verner called in the SRT.

Once arriving on scene, 1st Lt. Joseph Weisenstine, SRT leader, collaborated

with Verner and CID and formed a plan. Without alerting the shooter, Weisenstine put the SRT into action.

Quickly ascending the stairs to the second floor, the team quietly made its way down the narrow hallway until they reached the room where Campbell had sequestered himself and his hostage.

Stacking beside each other outside the door, the signal was given and within seconds of breaching the door, the team successfully secured the room, bringing the exercise to a close.

"I didn't hear or see anything until they were right there," said Campbell about the team's quick entrance. "They did a good job."

Verner also praised the teams and announced the exercise was a success.

She said, "You can tell they've been practicing because they executed the mission flawlessly."



Company commanders of the 2nd BCT, 25th ID, participate in a foot march along the beach, Dec. 3, at Bellows Air Force Station after performing an air assault mission as part of the Mungadai leadership training.

2BCT takes on Genghis Khan

Story and photos by
SGT. IAN IVES
2nd Brigade Combat Team
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — What makes a leader technically and tactically proficient?

Despite some common consensus, leaders are not born, but built through hard, meaningful training.

Company commanders with the 2nd Brigade Combat Team, 25th Infantry Division, were granted the opportunity to receive such training, Dec. 3-4, by taking part in the Mungadai challenge.

Mungadai leadership training put company commanders through a two-day exercise involving several road marches, an air assault mission to Bellows Air Force Station, traveling to historical military sites across the island of Oahu and a force-on-force paintball exercise.

"The Mungadai is training that is loosely based off Genghis Khan's notorious selection program for his cavalry leaders, which were called Mungadai," said Capt. Jon Voss, planning and training section, 2nd BCT, and the officer in charge of the training. "Today, the U.S. Army uses it as training for leaders by putting them through an exhausting physical and mental challenge."

During a trip to the Hawaii State Veterans Cemetery in Kaneohe, commanders met Allen Hoe, a Vietnam veteran, who shared the experience of losing his son, 1st Lt. Nainoa Hoe, 3rd Battalion, 21st Inf. Regiment, 1st BCT, 25th Inf. Division, during Operation Iraqi Freedom in 2005. Hoe shared stories of his

See KHAN A-10

25th CAB hosts UAS forum

Story and photo by
CAPT. HEBB BULLOCK
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 25th Combat Aviation Brigade hosted an unmanned aircraft systems (UAS) forum for various military and civilian members to facilitate synchronization and optimization of requirements to enhance the use of UAS operations, here, Dec. 4.

A wide spectrum of civilian, state and federal agencies gathered at this conference, to include UAS stakeholders from the 25th Infantry Division, the Federal Aviation Administration and air space representatives from Hawaii, the Hawaii National Guard, Redstone Arsenal UAS project managers, the Marine Corps, U.S. Army Garrison-Hawaii and U.S. Army-Pacific.

"The UAS forum was established to address the issues revolving around the increasing numbers of Shadow aircraft in Hawaii," said Chief Warrant Officer 5 James Latson, 25th ID UAS operations technician. "Once the issues are identified, we will develop ways to combat these problems. The Shadows are currently with 2nd Bde. Combat Team, 3rd BCT, Hawaii Army National Guard, and Marine Unmanned Aerial Vehicle Squadron 3. The 25th CAB will be receiving two additional Shadow systems to add to their footprint."

The conference included discussions about safety, procedures, standardization, facilities, air space management, current and future capa-

bilities, and maintenance management relevant to leaders and controllers of UAS.

"It's good to bring all the services together that operate UAS here in Hawaii," stated Marine Lt. Col. Wayne Phelps, executive officer, VMU-3. "We share some similar challenges even though we are different branches of service, because we fly the same platform."

It's interesting to see the challenges the Army is going through, Phelps added.

"The Marine Corps has gone through similar challenges in the past few years, and we are trying to align our unmanned squadron as closely as possible to manned aviation," said Phelps.

"As a master planner, we need this as a roadmap to try and do things consolidated, as the plans have not been updated in over 30 years," said Mark Mitsunaga, Directorate of Public Works, USAG-HI. "This kind of workshop, to me, is very critical and really great because it's a communication forum to identify present and future requirements. It's a two-way forum, because I need information, but I also can express how the facilities and the utilities will be impacted."

"This forum is absolutely a necessity in order for us to conduct business on a day-to-day basis," stated Chief Warrant Officer 2 Eli Samuel Quinones, platoon leader, 3rd BCT UAS. "It highlights a lot of the challenges we are facing, and that together with everyone, the CAB and division on the same page, we will be able to overcome."



Participants continue discussions during working sessions at the UAS forum, Dec. 4.



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Brooks challenges ‘One Team’ to be safe

The holiday season is a special time to celebrate with family and friends. It is also a time to be mindful of increased potential for hazards.

Many of you will travel to the mainland or abroad during the holiday season. As you travel, I ask that each of you takes precautions and includes safety in all your holiday planning.

Be alert to the hazards typically associated during this season, such as weather, vehicular accidents, criminal activity, suicides, alcohol consumption and sexual assault. The safety of our Soldiers, civilians and family members is my greatest concern.

I also want to emphasize the importance of vigilance to guard against persistent threats from terrorism and hybrid attacks. They come in many forms when



Brooks

you least expect them. The most effective way to protect yourself and your family is to maintain situational awareness, at all times, and report suspicious activity to the authorities.

I challenge all Soldiers, civilians and family members to take an active role in managing risks throughout this holiday season. Be especially attentive to those who are struggling with personal issues and ensure everyone knows where to go for help, at any time, regardless of location.

If you see something, say something. Look out for one another.

Each of you are valued U.S. Army-Pacific “One Team” members. Thank you for your continued contributions to our nation and in support of the USARPAC mission. Have a safe and wonderful holiday season.



Vincent K. Brooks
General, U.S. Army Commanding

Unit ministry teams master tough medevac

Story and photo by
SGT. DANIEL K. JOHNSON
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

DILLINGHAM AIRFIELD — Unit ministry teams from the 25th Infantry Davison gathered, here, Dec. 10, to conduct tough, realistic medevac training with a Black Hawk from the 25th Combat Aviation Brigade.

This training is part of the division commander’s overall training guidance to ensure basic Soldier skills are reinforced throughout the division.

The training began with a hike up the Kealia trail, as-

cending over a thousand feet via 19 switchbacks on a 3-mile round trip.

This early morning physical training allowed the UMTs to build some esprit de corps before beginning the day’s training.

“It’s an experience,” said Spc. Andrewio Fennell, chaplain’s assistant, 2nd Squadron, 6th Cavalry Regiment, 25th CAB. “I like this type of training and don’t get to do it often, but I eat it up.”

The training began when a UH-60 Black Hawk, piloted by Chief Warrant Officers 2 Zachary Cole and Amy Fox of 3rd Battalion, 25th Avn. Regt., 25th CAB,



Chaplains and chaplain assistants from the 25th ID load a litter onto a 25th CAB UH-60 Black Hawk as part of medevac training at Dillingham Airfield, Dec. 10.

took off.

“This will be my first experience flying in a Black Hawk,” said Fennell. “I really like training, and this nine-line training is something I haven’t done in a while.”

The UMTs broke into three groups and began a round robin through a radio operation station, a nine-line instruction station, and two stations to teach them how to assess casualties and load them into the helicopter.

“Our intent was for us to get out here and do proficiency training in basic Soldier tasks and skills for medevac,” said Chaplain (Capt.) Michael Turpin, 25th CAB. “All of the 25th ID UMTs are out here training today, about 35 personnel in total.”

“We need to reset on a basic Soldier skill set in the UMTs throughout the division in sync with the commander’s intent,” said Chaplain (Lt. Col.) Chul Kim, 25th ID. “This is an area they need practical training in.”

“This type of training is important so that our UMTs have familiarity with this process, so that when we’re on the battlefield and this happens, we’re not so distracted by what is going on,” said Turpin. “That way, we can focus on not only ministering to that wounded Soldier, but also support the people who are trying to get the Soldier the care he needs.”

The training was designed to ensure a realistic scenario to give the Soldiers the most intense training on the subject possible.

“There is nothing better than live training,” Turpin said.

“Everything changed when the dust started flying up in our eyes and we saw, ‘Wait a second, this is noisy and chaotic!’ All of that has very tangible benefit for the teams,” he added.

“This is by far the most realistic training I’ve seen in my 18 years of chaplaincy,” said Kim.

This type of tough, realistic training is what keeps the 25th CAB ready to deploy and succeed at contingency missions in the Pacific.

With this training, the UMTs are now better equipped to handle situations they may face in those missions.

FOOTSTEPS in FAITH

‘The Force Awakens’ on Christmas day

CHAPLAIN (MAJ.) JOHN GRAUER
Plans and Operations
U.S. Army Garrison-Hawaii

“The Force Awakens,” the newest of the “Star Wars” movies, seeks to enlighten its audience to another thrilling spectacle that offers us a glimpse of humanity.

What makes the entire “Star Wars” series so compelling is that, through diversity of characters, they are united as one entity and influenced by “The Force” made up of the light and dark side. It is a battle between good and evil, morality and immorality.

In “Star Wars,” the force is used in conjunction with listening to one’s inner voice. Some individuals are more in touch with that inner voice than others. In most religions, the inner voice is often identified with hearing God.

In “The Phantom Menace,” Qui-Gon explains to Anakin Skywalker that when you recognize the voice from within you, you are called a Jedi. It is here the Jedi, those guardians of peace in the galaxy who use their powers to defend and protect, are effective spiritual warriors.

You see, we need these guardians of peace in the universe, but they don’t have to come from “Star Wars” or from a Jedi. The guardians of peace can come from you!

On Christmas Day, many people from many different cultures celebrate a guardian of peace, a “baby”



Grauer

– yes, a baby.

When Mary is due to give birth, she and Joseph travel from Nazareth to Bethlehem, to register in a census. In Bethlehem, Mary gives birth to Jesus and having found no place for them in the inn, places the newborn in a manger.

An angel of the Lord visits the shepherds and brings them “good news of great joy ... to you is born this day

in the city of David a Savior.” The angel tells them they will find a child wrapped in cloth and lying in a manger. The angel is joined by a “heavenly host” who says, “Glory to God in the highest heaven, and on earth peace among those whom he favors.”

Ah, peace! That is the message of the Jedi, which is also the message of this season and the message of Jesus.

All too often, we read or watch with horror as another deranged gunman takes the life of an innocent person, or a bomb goes off killing hundreds of bystanders, or perhaps we watch a group like ISIS

propagate death and destruction and peace seems so far away.

If you want to have peace and be a heroic warrior in this life, then be a guardian of peace. Remember the mission we have. We’ve been called to serve our nation.

Maybe we wish we could have the force like a Jedi; the reality is, we do have the force. In Christianity, there is something called the “spirit.” It’s a gift to all people, at all times, that can give us those abilities that the force confers.

Okay, maybe we can’t be a Jedi, but the spirit guides us into the path of light and the path that leads to peace, and the best thing about this force is you don’t have to be special to tap into the spirit like that of a Jedi. It is a gift that is available to everyone.

If you are looking for peace this Christmas season, live like a Jedi, live like a spiritual warrior, live like Jesus.

LIVE TO DEFEND, TO PROTECT AND NEVER TO ATTACK OTHERS. LIVE IN THE LIGHT! HAVE A WONDERFUL HOLIDAY.

Voices of Ohana

‘Tis the season to celebrate ...

“How are you celebrating the holidays?”

By 311th Signal Command (Theater) Public Affairs



“Going to the beach, watching some movies and getting ready for 2016.”

Pfc. Adrian Crooks
Intelligence Analyst,
311th Sig. Cmd.
(Theater)



“Going on leave to North Carolina to see family.”

Spc. Gregory Alston
Unit Supply Clerk,
311th Sig. Cmd.
(Theater)



“Going to the beach with friends.”

Spc. Randy Russell
Intelligence Analyst,
311th Sig. Cmd.
(Theater)



“Spending time with my family, taking them to the range and teaching them how to shoot.”

Staff Sgt.
Ronald Fajardo
Strength Manager,
311th Sig. Cmd.
(Theater)



“Enjoying the two weeks away from college classes.”

Staff Sgt. Sheena
Kerr-Freeman
Force Protection,
311th Sig. Cmd.
(Theater)

2015 Year in Review

U.S. Army-Pacific details Indo-Asia Pacific actions

U.S. ARMY-PACIFIC
Public Affairs

FORT SHAFTER — Soldiers across U.S. Army-Pacific continue to make history training to deter threats, strengthening relationships with U.S. regional counterparts while promoting peace, security and stability across the Indo-Asia Pacific region.

“The Army is truly the backbone of the joint force,” said Gen. Vincent K. Brooks, USARPAC commander. “Since World War II, the United States has underwritten security in the region. This has allowed nations like Japan, South Korea, Taiwan, the Philippines, Malaysia, Vietnam, Indonesia and China to develop and thrive.”

The USARPAC command spans more than half of the earth’s surface and includes approximately 80,000 Soldiers stationed from the Pacific Northwest and Alaska and throughout the Indo-Asia Pacific region.

“As our nation continues to focus on the rebalance to the Pacific, we’re modernizing longtime alliances, building capacity and forging new partnerships across the region,” Brooks said.

Currently, USARPAC conducts more than 250 annual military exercises and engagements. These range from small expert exchanges to large multinational military exercises involving thousands of U.S. Soldiers, Sailors, Airmen and Marines.

One of USARPAC’s recent success stories is Pacific Pathways, an innovative training concept launched in 2014 that is proving to be a valuable addition to the way USARPAC Soldiers engage with their host-nation partners in the region.



Staff Sgt. Trish McMurphy, 28th Public Affairs Detachment

Soldiers and Airmen demonstrate ways to secure and evacuate casualties to Chinese soldiers during the DME held at Joint Base Lewis-McChord, Wash., Nov. 20. Participation in the DME demonstrates the U. S. and PRC can coordinate activities that enhance disaster and humanitarian response in the region to the benefit of Indo-Asian Pacific.



Courtesy photo

A 25th CAB Black Hawk practices deck landings on the USS Port Royal, Aug. 12.

This year, USARPAC conducted three Pacific Pathways in the Indo-Asia Pacific.

“Pacific Pathways has been transformative in many ways, based on how the Army projects itself in a tailored structure around the region while building readiness into the deployed force” Brooks said.

“USARPAC Soldiers are benefiting, too, because it allows experimentation with different technologies as industry, and others find opportunities to shake something out in a tremendous battle lab that’s on the move,” Brooks added.

Another type of training took place this year and enhanced two nations’ abilities to respond to natural and man-made disasters.

USARPAC conducted two Disaster Management Exchanges (DME) with the People’s Liberation Army, strengthening the military-to-military relationship between the U.S. and China.

The DMEs allow increased cooperation and trust between our two nations, with the capacity to influence peace and security throughout the region. The first DME occurred in January and

was held in China. The second exchange was held at Joint Base Lewis-McChord, Wash., in November. The DME proved an opportunity for open dialogue between our two countries and a forum to address collective abilities in response to natural disasters.

Pacific Pathways and the DME were topics of discussion during the Land Power in the Pacific Symposium and Exhibition hosted by the United States Association of the Army in Hawaii earlier this year. The three-day symposium incorporated USARPAC, Marine Corps Forces Pacific, and Special Operation Command Pacific in a variety of professional panels. Representatives from 20 of the 36 joint and regional partners in the Pacific attended.

USARPAC, in partnership with the Indonesian army, held the 9th Pacific Armies Chiefs Conference and 39th Pacific Armies Management Seminar (PAMS) in Denpasar, Indonesia. Army Chiefs of Staffs, senior land forces commanders from 26 of 38 countries throughout the region, along with their senior enlisted leaders, to

include Sergeant Major of the Army Daniel Dailey, attended. The conferences were the largest multinational land forces seminars promoting security, peace and cooperation held in the Indo-Asia Pacific theater.

The chiefs conference was co-chaired by Gen. Mulyono Dilantik Menjadi, Indonesian Army chief of staff, and Gen. Mark A. Milley, U.S. Army chief of staff. The chiefs conference is a biennial executive defense forum for the army chiefs of staffs from countries throughout the Indo-Asia Pacific region, North America and parts of Europe.

PAMS XXXIX was co-chaired by Lt. Gen. Erwin Syafitri, Indonesian Army vice chief of staff and the USARPAC commander. PAMS is an annual seminar with three- to four-star general officers that helps build regional understanding through shared dialogue and experiences.

USARPAC will continue to promote peace and stability in the Indo-Asia Pacific region as the Army Service Component Command of the Pacific with support for its subordinate commands.

Garrison keeps pace with changes during this year

COMPILED BY AIKO ROSE BRUM
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — U.S. Army Garrison-Hawaii weathered many challenges and garnered numerous achievements in 2015.

In January, hundreds of community members on Oahu gathered in Waikiki and Wahiawa at two Department of the Army Community Listening Sessions to address possible reductions of Army personnel at Fort Shafter and Schofield Barracks.

Personnel from the Army’s G1 took community comments to their senior leaders in Washington.

The public received several opportunities to comment on other Army actions: the study of marine resources near Makua Beach in February, the proposed construction and operation of a 50-megawatt, multi-fuel, biofuel-capable power generation plant in May.

Also in February, U.S. Army Hawaii’s Take A Stand! campaign continued to provide new dog tags to units. The awareness campaign, started in November 2014, helps to prevent four “S” priorities: sexual harassment and assault, substance abuse, suicide and safety violations.

In late February, then in March and June, the garrison scheduled a series of power outages needed to upgrade the Schofield Barracks Castner Substation, including replacing failing transformers, outdated oil circuit breakers, damaged air switchers and old metering equipment, according to Gregory Hinkle, Directorate of Public Works operations officer.

Former Chief of Staff of the Army Gen. Raymond Odierno visited in February, and Traffic Regulation 190-5, which governs all of U.S. Army Hawaii, became effective in mid-March. It fines offenses, such as illegal parking, seat belt violations and cell phone usage and texting.

The Kolekole Walking-Hiking Trail reopened in March and has been a popular destination on weekends and holidays ever since. Additionally, Community Readiness Expos, held each Thursday at the Nehelani, Schofield Barracks, for newcomers and those redeploying; Community In-

formation Exchange meetings, for the USARHAW community; and Community Information Bulletins have become helpful venues to communicate with service members, their families and civilians.

As Army installations were updating policies on tattoos, Installation Management Command-Pacific welcomed its new region director, Dr. Christine T. Altendorf, during an Assumption of Responsibility Ceremony at Fort Shafter, April 13.

In late April, Army officials began destroying 10 World War I and II-era chemical munitions that were recovered from the range between 2009 and 2012.

“As a matter of safety and environmental stewardship, we have a responsibility to ensure that when we find these types of historic munitions,

we also safely destroy them,” said Col. Richard Fromm, commander, USAG-HI, which is what the team from Edgewood, Md., accomplished.

In late April, former Secretary of the Army John McHugh visited, here, and in May, the Directorate of Emergency Services held its prescribed burn to prevent wildfires and protect communities, said Chief Scotty Freeman of the Fire Division. He later stated it was the most successful prescribed burn in seven years.

Chickens were becoming a nuisance in some areas of the U.S. Army Health Clinic, Schofield Barracks, so the DES and DPW worked jointly to help remove them from areas there and about other installations.

Mid-May, Sergeant Major of the Army Daniel A. Dailey visited and reminded Soldiers at U.S.

Army-Pacific that “Every Soldier is a billboard,” and in early June, the garrison won two prestigious awards from the Historic Hawaii Foundation.

“It shows the local community that the Army does take care of its historic buildings and resources,” said Ken Hays, architectural historian with Environmental Division, DPW.

In July, just after Collective Soul entertained the Fourth of July crowd, the Hawaii Transition Summit met with thousands of Soldiers and family members to give them assistance in finding jobs when leaving the Army. U.S. Secretary of Labor Thomas E. Perez and U.S. Secretary of Veterans Affairs Robert A. McDonald were in attendance to provide support.

Yet, troublesome news impacted all, soon. Not only did Hawaii’s Cost of Living Allowance decrease in July, but also the Office of Personnel Management began notifying millions of personnel of a cyber breach – 21.5 million Social Security numbers and sensitive information had been stolen.

The garrison welcomed its new deputy commander, Len Housley, in July, and Gabriel “Fluffy” Iglesias brought humor to Schofield in August.

Assistant Secretary of the Army for Installations, Energy and Environment Katherine Hammack visited Hawaii in late August to discuss more efficient energy usage.

In September, the command highly encouraged all parents to send in Federal Survey Cards to schools; the quantity directly impacts federal impact aid.

As the year winded down, an Army Wellness Center opened at Schofield Barracks, in mid-October; Defense Secretary Ash Carter visited Hawaii in early November; and the Army’s Soldier Show provided two performances, also in late November.

The holiday season began with festive tree lightings and visits from Santa at Fort Shafter and in December at Schofield Barracks. The Hangar Entertainment Center also opened at Wheeler Army Airfield in early December.



Photo by Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs

Panelists listen to community members discuss their opinions about reduced forces at a listening session, Jan. 28.

Tropic Lightning logs busy year, multiple deployments

SSG. TRAMEL GARRETT
25th Infantry Division
Public Affairs

SCHOFIELD BARRACKS — This was an exciting year for the 25th Infantry Division as it continued to foster positive relationships with its allies, enhancing its capabilities and giving its Soldiers the best training in the Army.

The Jungle Operations Training Center, a premier training venue to develop Soldier leadership and jungle skills, has impressed numerous partner nations with the high quality training opportunities offered not only to Soldiers, but also our allies.

“This is a fantastic set up. The Asian theater has numerous jungles, and it’s important to get used to it,” said Singaporean Col. Guarav Keerthi.

The 25th ID is no stranger to working with partner nations as leaders plan and conduct numerous training opportunities, fostering strong alliances with partnered nations. Combined training proves to be a force multiplier, which allows greater responsiveness in the Pacific.

The 25th not only trains in the jungle, but also in the air. The 25th Combat Aviation Brigade plays a vital part to the mission here in the Pacific.

Recently, Soldiers of the 2nd Squadron, 6th Cavalry Regiment, returned for a nine-month deployment to Korea. Beforehand, it made history by conducting the final flight of the OH-58 helicopter.

“The Kiowa Warrior has called this island home for the past 17 years. (Now the aircraft) will be shipped back to Texas and retired from our active fleet,” said Lt. Col. Aaron Martin, commander, 2-6th Cav. “Some may view this as a sad event. I will tell you we’re only just approaching the end of another chapter in the great history of the 2nd Squadron.”

The 25th Division Artillery is fairly new to the division and has participated in numerous exercises, to include Yama Sakura, Lightning Forge and Talisman Saber. Tropic Thunder Soldiers aim to set the standard across the Army with world-class artillery support.

Aiding in the growth of the Tropic Lightning formation, the 45th Sustainment Bde. cased its colors and uncased new colors to become the 25th Sust. Bde. The transition marks the return of sustainment brigade operations to the 25th ID.

Additionally, the 25th Sust. Bde. hit the ground running and has deployed the 524th Combat Sust. Support Bn. to Kuwait to provide sustainment support to units throughout the U.S. Central Command area.

“Since Sept. 11, casing of the colors has taken on a new meaning,” said Col. Gavin Lawrence, commander, 25th Sust. Bde. “It has become a symbol that American sons and daughters are deployed forward in defense of our nation and its interests.”

By the same token, the 2nd and 3rd Bde. Combat Teams are no strangers to deployments. Pacific Pathways was developed by U.S. Army-Pacific in order to capitalize on training opportunities while addressing requests from allies and partners for increased bilateral training, increasing the complexity of exercises and exchange

opportunities.

2nd BCT conducted large-scale joint and combined training exercises and community projects with international forces in New Zealand, for Lightning Strike; Thailand, for Cobra Gold; the Republic of Korea, for Foal Eagle; and the Philippines, for Balikatan.

The last three were a part of Pacific Pathways, a new theater concept that stressed the brigade’s ability to rapidly deploy.

The Bronco Brigade overcame several logistical obstacles associated with transit back and forth across the vast Indo-Asia Pacific region for each separate exercise engagement. Its Pacific Pathways rotation consisted of exercises Hamel in Australia, Garuda Shield in Indonesia and Keris Strike in Malaysia.

The Tropic Lightning Division has made significant enhancements in its capabilities greatly increasing combat readiness.

“We are blessed to serve our country in paradise, and are strengthened by our families and communities.

We remain ready to deploy and defend our nation when called,” said Maj. Gen. Charles Flynn, commander, 25th ID.



Photo by Spc. James K. McCann

A Tropic Lightning warrior sets security while his team secures a riverbank during the waterborne operations portion of the Jungle Operations School at the East Range Training Complex, Jan. 21. The students learn and become proficient at operating and surviving in the jungle environment.



Photo courtesy of 25th Infantry Division Public Affairs

Members of 25th ID conduct air operations all through the year. The unit has both ground and aviation assets to assist with the division's mission in Hawaii.

25th CAB retires Kiowas, trains w/Kiwis, fights fires

SGT. DANIEL K. JOHNSON
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — In 2015, the 25th Combat Aviation Brigade, 25th Infantry Division, accomplished a myriad of missions, from intense realistic training and fighting wildfires on the island of Oahu to the retirement of one of its key airframes.

The brigade bid aloha to the Kiowa airframe this year, retiring it under Army divestment. They were flown to Joint Base Pearl Harbor-Hickam, Feb. 9, to make the final leg of their journey

aboard Air Force aircraft to Arizona.

Even with the Kiowa gone, training continued throughout the brigade. Only days later, a complex at-sea maritime rappel and sling-load mission was conducted miles off the coast of Oahu, giving critical at-sea training experience to the aircrews of the “Hammerheads,” 3rd Battalion, 25th Aviation Regiment.

Aviation Week saw the coming together of Soldiers and family members from across the brigade. A week of camaraderie and team building helped to strengthen the ties between the members of the various units within the brigade,

and helped to give back to the community in the form of \$7,000 worth of scholarship funds raised.

The end of April brought about a bittersweet event. One of the last two Kiowa Warriors in the brigade was donated to the Pacific Aviation Museum. The airframe, which had been around since the 1960s and was retired this year, will now have a lasting legacy on Oahu at the museum.

2nd Squadron, 6th Cavalry Regt. donated aircraft tail number 368.

One of the most important missions for an aviation brigade to be able to conduct is the recovery of downed aircraft. The summer saw this

mission essential task put to the test with 209th Avn. Support Bn.’s Joint Downed Aircraft Recovery Team Exercise at Bellows Air Force Station. 209th ASB collaborated with the Air Force, Marines and Coast Guard elements to ensure a wide range of successful training.

The summer also had some of the worst wildfires seen on Oahu. The Soldiers and aviators of the 25th CAB were brought in to help combat the fires. Black Hawks filled buckets with hundreds of gallons of water for repeated aerial assaults on the fires. This combined effort with the Federal Fire Dept. and the state Dept. of Land and Natural Resources helped to mitigate the damage that could be caused by the fires.

The 2-6th Cav. returned from a nine-month deployment to the Republic of Korea, Oct. 9. The squadron conducted various training, as well strengthened ties and enhanced regional stability in South Korea.

Pacific partner nations are instrumental in ensuring security in the Pacific region. October saw the 3-25th Hammerheads partner with the Royal New Zealand Artillery for a combined exercise on the Big Island. Forging these tactical relationships with Pacific partners is a critical mission of the 25th CAB.

Soldiers of 2-25th Avn. teamed up with 3-25th Hammerheads to kick off the University of Hawaii’s ROTC fall semester field training exercise with an air assault into Diamond Head Crater, helping to prepare future military officers with valuable realistic training for their roles as Army leaders.

The end of the year helped the brigade look back upon those who came before us. The CAB hosted the Greatest Generations Foundation with aircraft tours and a meal shared with the Soldiers of the brigade.

The World War II veterans provided some insight to the younger Soldiers on how the military has changed since the 1940s. It’s important that they remember the past to help them prepare for future missions in the Pacific.



Photo by Capt. Heba Bullock, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

A 25th CAB Chinook conducts an early morning maritime validation exercise at Kaneohe Bay, Nov. 19.

599th adjusts to changes, ships tons of cargo in ‘15

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — In 2015, the 599th Transportation Brigade assumed additional responsibilities while it adjusted to massive changeover in personnel at the headquarters.

The 599th employs military and civilian transportation experts to move all military surface cargo, deploying and distributing mission cargo and personal property throughout the Pacific and interisland.

“Numbers-wise we are a relatively small organization. However, our strategic value to movement operations across the Pacific is immeasurable,” said Col. James Smith, 599th commander.

From Jan. 1 to Dec. 10, the 599th exported

17,961 shipments, totaling 135,656 short tons, and it imported 47,388 shipments weighing in at 443,732.6 tons, according to Christopher Heiby, program manager for Military Surface Deployment and Distribution Command (SDDC) Data Integration Branch.

In layman’s terms, as of Dec. 10, the brigade’s combined import and export cargo for the year added up to 1.16 billion pounds, which equals about 83 Aloha Stadiums, at 14 million pounds.

In May, the unit resumed responsibility for booking transportation, which it had given up about a year before. Its higher headquarters, SDDC, found more efficiencies were gained through decentralization.

“Decentralized booking allows us to provide a regular SDDC face to the greater defense trans-

portation shipping community. It increases our responsiveness and level of customer service,” said Scott Matthews, 599th deputy director of operations.

June saw the brigade’s subordinate units working ammunition transport. The 837th Trans. Battalion at Busan, Republic of Korea, moved war reserve stock for allies from the Korean peninsula, while the 836th Trans. Bde., headquartered at Yokohama North Dock, Japan, handled ammunition moves supporting the Japan Self Defense Force.

The biggest single mission the 599th supported in 2015 was the April deployment and July redeployment of 3rd Bde. Combat Team, 25th Infantry Division, from Hawaii to Joint Regional Training Center at Fort Polk, La. During this move, the 599th called on its subordinate battal-

ion at Yokohama North Dock, Japan, to help work vessel operations, along with headquarters personnel and Fleet Logistics Center Pearl Harbor, the 599th’s partner in Hawaii moves.

The brigade’s battalions and detachments regularly send deployment and distribution management teams (DDMTs) to Hawaii for major port operations.

During 2015, the 599th supported Pacific military exercises Key Resolve, Foal Eagle, Ulchi Freedom Guardian, Balikatan, Cobra Gold, Valiant Shield, Garuda Shield, Keris Strike, Orient Shield, and Talisman Saber.

Pacific Pathways operations, which began in 2014, continued to be a major focus for the 599th throughout 2015.

“Pacific Pathways offered us an opportunity to exercise expeditionary DDMT capability, as well as coordinate and plan multiple missions and port operations,” Matthews said.

“Pathways has also forced us to do expeditionary stow planning and sync our efforts across brigades and battalions when a single vessel solution is used to support multiple exercises. We are still improving on that aspect,” he added.

Exercises Garuda Shield, Keris Strike, Orient Shield, Cobra Gold and Balikatan were Pacific Pathways exercises during 2015.

Smith took command of the brigade from Col. Shannon Cox in a ceremony July 23 on the Battleship Missouri Memorial, becoming the 14th commander of the unit since it moved to Hawaii in 1991.

“In 2015, the 599th headquarters’ staff had 10 major positions vacated and 10 filled,” said Cmdr. John Clark, 599th director of operations. “That is a big turnover, and a unit loses a lot of continuity when that happens.”

In October, the brigade hosted an SDDC inspection team for a week. The 599th did very well on its first command inspection since 2013.

In December, the 599th began an innovation with local partners.

“We are starting an informal value-stream analysis with FLC-Pearl Harbor,” said Clark. “We’re joined at the hip for most movements into and out of Hawaii, and we want to optimize processes.”



A Black Hawk aboard the USNS Pfc. Eugene A. Obregon is readied for offloading, May 26, by Soldiers and port operations personnel at Joint Base Pearl Harbor -Hickam. The 599th Trans. Bde. continues to use better practices to expedite loading/offloading operations.

Multi-component 311th Signal provides cyber defense

Story and photo by
LIANA KIM
311th Signal Command (Theater) Public Affairs

FORT SHAFTER — The year 2015 brought more changes, challenges and opportunities in cyber defense, emerging Signal technology and new leadership teams for active component Soldiers, Army Reservists and civilians of the 311th Signal Command (Theater).

As members of a multi-component command and the designated signal element for the Pacific theater, dynamic teams of Soldiers and civilians continued to achieve milestones for the Army Signal community, provide a wide spectrum of signal support operations and build relationships and secure communications with partner nations throughout the region.

A two-day communicators forum was the capstone event of Signal Regimental Week, the command’s annual weeklong event that brought more than 400 Signalers together to share best practices and commemorate the 155th birthday of the U.S. Army Signal Corps. For the second consecutive year, the forum was conducted as a joint event, to include information managers from across the Department of Defense.

A highlight of organizational transformation and network integration, the command’s two newly redesignated Regional Cyber Centers (RCC), which completed merging their Theater Network Operations and Security Centers and Regional Computer Emergency Response Teams in 2014, saw their first year of enhanced mission capability.

The RCC-PAC on Oahu and the RCC-K in Korea are tasked with the authority to operate, maintain and defend the Army’s cyber realm within the Pacific theater. The RCC-PAC was designat-

ed the Army’s 2015 Regional Cyber Center of the Year.

Twenty-eight Soldiers of the 311th SC(T) Support Unit of Costa Mesa, Calif., returned home safely in the spring of 2015 from a successful yearlong deployment with the 335th Signal Command (Theater) Forward, on its 34th rotation to Kuwait and Afghanistan in support of Operation Enduring Freedom.

Throughout its yearlong deployment as part of “Det34,” it provided continuous support with the 335th SC(T) to network operations, satellite communications, signal systems integration, troubleshooting and help desk operations at Camp Arifjan, Kuwait.

As part of the command’s core mission to maintain and defend the Pacific LandWar Net in order to provide a robust and secure network for warfighters in the Pacific, the 311th supported U.S. Army-Pacific’s Pacific Pathways campaign by providing help desk support and tactical satellite communication platforms for joint and combined military exercises with coalition partners throughout the Pacific region, including Cobra Gold in Thailand, Key Resolve and Ulchi Freedom Guardian in South Korea, Balikatan in the Philippines, and Yama Sakura and Keen Edge in Japan.

The 311th SC(T) and USARPAC G6 teams supported the Army’s Information Assurance and Cyber Security Awareness campaign in October and November, culminating with a cyber security stand-down day. Soldiers and civilians at all echelons conducted training to address identified weaknesses in cyber security awareness and to gain a better understanding of current threats to our cyber security in the Pacific.

The Soldiers and civilians of the 1st Signal Brigade continued to build on their legacy as the “Voice of the ROK” in 2015 by engineering, installing, operating, maintaining, defending and extending

operational cyber networks, and providing flexible, reliable strategic and tactical communications support and customer service to commanders across the Korean peninsula.

Several 311th units received awards for outstanding performance throughout the year. The 311th G4 logistics team, 1st Sig. Bde., 516th Sig. Bde. and units assigned won multiple Army awards on various levels for excellence in supply, maintenance, communications support facilities, deployment and equal opportunity.

The command’s proudest achievements can be attributed to the leadership of its Soldiers. The professionalism and achievements of these individuals were recognized by the Federal Executive Board, with several Excellence in Federal Government awards.



30th Sig. Bn. Soldiers demonstrate current field equipment during a technology fair, Sept. 16.

Transforming 500th MI builds Pacific partnerships

Story and photo by
STAFF SGT. THOMAS G. COLLINS
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — As 2015 comes to a close, members of the 500th Military Intelligence Brigade note the many tasks completed and look to the relationships that have been cultivated, transformations that have taken place, and the excellence that has been achieved.

Throughout the year, the brigade fostered productive relationships and partnerships by visiting and hosting military members from Australia, New Zealand, Thailand, Malaysia, Japan, Indonesia and the Philippines.

In March, Col. Patrick J. Wempe, commander, 500th MI Bde., and Australian army Brigadier Gavin Reynolds, commander, 6th Combat Support Bde., signed a bilateral training and international engagement plan in Sydney, Australia, to improve interoperability and allow for the leveraging of capabilities inherent to both organizations.

Soldiers with the 205th and 715th MI battalions also traveled to Australia to highlight the capabilities of the Distributed Common Ground System-Army, an intelligence weapons system that will replace the Army’s multiple intelligence ground processing systems currently in the field.

By continuing to collaborate and build relationships with its allies, the brigade strength-

ened the security in the Pacific theater and the nation as a whole.

At the beginning of 2015, the 500th MI began a transformation process that, once completed, will leave the brigade more streamlined and adaptable in order to provide continuous, multidisciplined intelligence, surveillance and reconnaissance operations to support commanders with timely, predictive and actionable intelligence.

Comprised of five brigades at the start of the

year, the brigade transferred authority and command of the 15th MI Bn. (Aerial) to the 116th MI Bde. This transfer grounds the brigade in the Pacific theater and reallocates necessary resources to other theaters across the Army.

Brigade command teams came together twice to discuss how the 500th should restructure itself while continuing its mission and preparing for future uncertainty.

A further transformation came in April, when

the brigade prepared to move its headquarters from Quad A to the South Range complex. The new facility allowed the brigade to house scattered elements under one roof.

December marked the end of the move as the brigade dedicated its new headquarters building to the late retired Col. Harry K. Fukuhara, a Military Intelligence Hall of Fame inductee and a key figure in the brigade’s history. Fukuhara was instrumental in re-establishing relationships with post-World War II Japan.

During the dedication, Wempe said that everyone in the brigade “truly walks in the footsteps of giants.” The Soldiers, Department of the Army civilians and contractors who are part of the brigade fill those shoes with outstanding accomplishments, he said.

Encompassing that statement, the 301st MI Bn. was recognized with the Army Award for Maintenance Excellence due to its outstanding maintenance practices and leader competencies.

Continuing a culture of excellence, the brigade was recognized as having the Dept. of Defense’s Command Language Program of the Year. Moreover, the brigade’s command language program not only maintains linguists at a high level of competency and skill, it also has produced the 2015 U.S. Army Intelligence and Security Command’s Linguist of the Year.



Family members of the late retired Col. Harry K. Fukuhara attend the dedication of the 500th MI’s new headquarters building, Dec. 4.



Photo by Sgt. 1st Class Nicole Howell, 8th Theater Sustainment Command Public Affairs

LSV2, CW3 Harold C. Clinger, crewed by 30 Army mariners, returns to Joint Base Pearl Harbor-Hickam from a 139-day voyage across the Pacific where crews supported Pacific Pathways, Oct. 23.

8th TSC sets Pacific as region’s PREMIER sustainers

8TH THEATER SUSTAINMENT COMMAND Public Affairs

In 2015, the 8th Theater Sustainment Command family of troops continued its commitment to serving as the Pacific Theater’s “PREMIER” sustainment team.

Across the region, TSC Soldiers focused supporting Army forces and I Corps, and setting the Pacific theater, while strengthening relationships and capabilities among their diverse ranks and with their joint, multinational, interagency and industry counterparts.

Its warriors upheld their PREMIER tag by representing their units and U.S. Army-Pacific in regional and Army-level competitions.

130th Theater Eng. Bde. Sappers won the US-ARPAC Soldier and NCO of the Year competitions and competed in the Army’s Best Warrior competition. TSC troops also won the Army’s Explosive Ordnance Disposal Team of the Year competition, the Honolulu Working Dog Challenge, the Joint Culinary Arts Installation of the Year title and fielded the majority of the Joint Culinary Arts Team of the Year, the Army’s Equal Opportunity Advisor of the Year honors, and the US-ARPAC Paralegal Warrior of the Year and Broadcast Journalist of the Year awards.

The TSC also launched its Young Alaka’i leader development program, bringing together select junior to mid-grade captains, warrant officers and noncommissioned officers in the sergeant first class to master sergeant ranks for a dynamic in-stride broadening opportunity with executive leader mentorship and theater-level perspective. The pilot program earned regional and Army-wide attention, and the FY16 program is set to include joint and multinational participants.

As the senior Army logistics command in the region, 8th TSC troops employed their 167 different skill-sets and 35 unique capabilities during exercises, engagements and missions across the globe, demonstrating their dedication to posturing and preparing assigned forces, executing flexible mission command, synchronizing operational and theater sustainment effects and engaging regional partners.

8th TSC teams from multiple brigades deployed to support operations across the Pacific and Central Command areas, providing unique capabilities down to the team-level. TSC warriors participated in more than 25 major joint/combined training exercises and military-to-military engagements, to include watercraft assets supporting Pacific Pathways for the first time,

divers supporting typhoon relief efforts in Saipan and Hawaii Department of Transportation Salvage operations in Honolulu Harbor, the 8th Military Police Bde. hosting a joint interagency working dog competition on Oahu, and engineers serving as the lead U.S. element during a six-month Civic Action Team-Palau mission.

The TSC also demonstrated its expeditionary nature through vital contributions to theater readiness by providing agile mission command variations, to include continued development of its Joint Logistics Coordination Elements and theater-wide humanitarian assistance/disaster relief readiness with its humanitarian assistance survey team (HAST).

and community outreach.

The 8th MP Bde.’s headquarters participated in Warfighter Exercise 16.1 with 2nd ID to assess the brigade’s ability to conduct mission command of MP support to decisive action.

The brigade also tested, trained and built collaboration among first responders across the command and the community, to include its Special Reaction Team and Military Working Dog detachment.

Elements of the 728th MP Bn. participated in Exercise Keris Aman in Malaysia, building relationships with regionally aligned partners from 29 different countries.

Military Working Dog, Bike Patrol and other



Photo by Sgt. Jon Heinrich, 8th Theater Sustainment Command Public Affairs

The Soldiers of Task Force Ready conduct a pass in review during a deployment ceremony, Sept. 2, at Hamilton Field, Schofield Barracks.

TSC troops not only represented the Army and United States while serving in other countries this year, they also strengthened their ties with the Hawaiian community by volunteering thousands of hours to school partnership programs and other veterans and community outreach efforts and events across Oahu.

8th Military Police Brigade

The 8th MP Bde. continued its partner relationships with foreign nations, government agencies and the local community through exercises

MP elements also provided security at Oahu installations and during large community events.

71st Chemical Co. troops returned from their first-ever, company-wide deployment to Kuwait, where they provided CENTCOM and the Kuwait National Guard with expert chemical, biological, radiological and nuclear training and support for nine months. The company’s Soldiers also supported Kazakhstan military forces with CBRN exchanges during joint training exercises.

Troops from the 303rd EOD Bn. won the Army’s EOD Team of the Year Competition for

the second year in a row. The battalion also supported Defense POW/MIA Accounting Agency missions, subject matter expert exchanges with other countries’ militaries, and humanitarian-related missions throughout the Pacific theater.

The battalion’s Soldiers also responded in support of Homeland Defense and provided security support for events and distinguished visitor operations.

130th Theater Engineer Brigade

The 130th Theater Eng. Bde. continued to shape its identity as “PACOM’s Unit of Choice” and its commitment to strong families with the brigade, its units and its individuals earning a variety of excellence awards and recognition while accomplishing their forward deployed theater mission with 1,767 Soldiers in more than 20 countries throughout the year.

These achievements included USARPAC’s Best Soldier and NCO of the Year, USARPAC Paralegal NCO of the Year, the MacArthur Leadership Award, the Sturgis Award, various De Fleury medals, Na Koa and ASYMCA volunteer awards.

The unit continued to reach out to the community through its school sponsorship program and regularly provided color guard support to events across the island. The brigade also worked to support credentialing programs with the Directorate of Public Works.

The brigade headquarters began the year focused on preparation for the mission command Warfighter Exercise 15-04, where the 130th TEB played the lead role in assuring mobility for the 25th ID, including a division wet gap crossing operation. The staff also participated in the PACOM Joint Engineer Working Group providing significantly diverse and expert planning insight and capabilities.

In an effort to improve mission command effectiveness across the theater, the 8th TSC also reorganized its 8th Special Troops Bn. under the 130th TEB this year. The 8th STB brought with it a variety of unique capabilities to include the 545th Trans. Co. and its 605th Trans. Detachment watercraft assets and troops who completed a deployment across 8,000 nautical miles for eight port calls at six different ports across three different host nations: Australia, Indonesia and Malaysia in 139 days, in support of USARPAC’s Pacific Pathways concept.

Its 163rd Trans. Det. also deployed to Kuwait in support of CENTCOM. Other deployments from the battalion included 545th Theater Harbormaster Operations Det., the 8th Human Resources Support Center, and the 175th Finance Management Support Center.

The brigades’ 84th Eng. Bn. units conducted a variety of tactical and technical training across the Pacific, to include Joint Readiness Training Center and National Training Center rotations. Its engineers also participated in Theater Security Cooperation Program missions to include Engineer Civic Action Projects as part of Cobra Gold, Hanuman Guardian, Balikpapan, Pac Angel, and Civic Action Team-Palau exercises.

On island, engineers completed major construction projects for Marine Corps Base Hawaii, Kaneohe Bay, and USAG-HI’s DPW and the Directorate of Emergency Services, and 25th ID training facilities on Schofield Barracks and Pohakuloa Training Area.

In September, its 95th Eng. Co. and Task Force Ready deployed to Korea in support of a nine-month rotation as part of USARPAC’s Korean Rotational Force.

The battalion’s 7th Eng. Dive Det. and 5th Geospatial Planning Cell (GPC) also continued their theater level support and deployments for the U.S. Pacific Command and USARPAC.

7th Dive deployed to Saipan to conduct vital port surveys in support of disaster relief efforts and helped the Hawaii Department of Transportation during a salvage operation to remove the Judy K ship from Honolulu Harbor. The team worked alongside Defense POW/MIA Accounting Agency to repatriate the remains of fallen American service men in Palau and Vanuatu.

The 5th GPC provided critical geospatial products to the Joint Chief of Staff terrain analysis, humanitarian assistance and disaster relief efforts in Nepal and during expert exchanges in Mongolia.

(Editor’s note: Read about the 45th/25th Sust. Bde. online at www.HawaiiArmyWeekly.com.)



Photo by Staff Sgt. Taresha Hill, 8th Military Police Brigade Public Affairs, 8th Theater Sustainment Command

Sgt. Veronica Pruhs, 520th MWD Det., 728th MP Bn., 8th MP Bde., lifts her K-9 partner Jerry during the 2015 Hawaiian Islands Working Dog Skills Challenge in July.



Photo by Ben Listerman, Missile Defense Agency

A Terminal High Altitude Area Defense interceptor is launched from Wake Island during a test conducted Nov. 1. During the test, the THAAD system successfully intercepted two air-launched ballistic missile targets.

94th AAMDC marks decade of IAMD excellence

MAJ. TROY FREY
94th Army Air and Missile
Defense Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 10-year anniversary since the activation of the 94th Army Air and Missile Defense Command Headquarters at Fort Shafter was marked Oct. 18.

The “Sea Dragons” have provided a decade of integrated air and missile defense (IAMD) excellence in the Pacific, and continue to set the standard for air and missile defense in the Army.

Over the past year, the 94th AAMDC shared air and missile defense expertise and the profession of arms ethos with its joint partners and crucial integrated missile defense allies.

The 94th AAMDC Soldiers fostered partnerships with the local communities, other Army units, sister services and its allied nations. These relationships were strengthened while still finding innovative ways to build resiliency within the Sea Dragon ranks.

The year started with the 94th AAMDC headquarters relocating to the Pacific Air Force Headquarters Building, here, allowing the command to better integrate with the Pacific Air Force and the 613th Air Operations Center (the unit is assigned to United States Army Pacific and directly supports the Pacific Air Force).

The Sea Dragons hosted several high-level military officials, including then-Chief of Staff of the Army Gen Raymond T. Odierno; Vice Chief of Staff of the Army Gen. Daniel B. Allyn; Debra S. Wada, assistant secretary of the Army (Manpower and Reserve Affairs); and the special assistant to the director of the Army staff, office of the chief of staff, Maj. Gen. Robert P. Ashley Jr.

All of the visitors received an overview on the significance of integrated air and missile defense, and learned how the 94th AAMDC provides joint and combined theater air and missile defense to meet operational plan requirements and support the rebalance to the Asia-Pacific area of responsibility.

The command continued to train for its wartime mission by participating in multiple joint, combined and trilateral exercises with other branches of the U.S. armed forces and our allied nations.

Training exercises included the U.S. and Japan forces four-day Fleet Synthetic Training joint exercise, the Republic of Korea annual combined and joint command post exercises Key Resolve and Ulchi Freedom Guardian, and home-station training exercises

es on the air and missile defense planning control system.

The 94th AAMDC welcomed new commanders for each of its subordinate units, which include the Headquarters and Headquarters Battery located, here; Task Force Talon located on Guam; the 1st battalion, 1st Air Defense Artillery Regiment located on Okinawa, Japan; the 10th Missile Defense Battery located at Shariki, Japan; and the 14th Missile Defense Battery located at Kyogamisaki, Japan.

Brig. Gen. Eric L. Sanchez, AAMDC commander, chaired the “Air and Missile Defense Forum” panel at the Land Power in the Pacific Symposium and Exposition, May 19-21, which focused on IAMD in a multilateral environment in the Asia-Pacific region.

The inaugural Pacific Theater Air and Missile Defender of the Year ceremony, Sept. 26, recognized outstanding air defenders from the Pacific theater. The winners for the Army were the 94th AAMDC’s best sensor manager crew of Staff Sgt. Joe Chacon, Staff Sgt. Robert Field and Sgt. Thomas O’Neal IV.

(Editor’s note: Read the rest about the Sea Dragons’ year at www.HawaiiArmyWeekly.com.)

USACE continues support to Army, Pacific Region

U.S. ARMY CORPS OF ENGINEERS-HONOLULU DISTRICT
Public Affairs

FORT SHAFTER — During 2015, highly motivated U.S. Army Corps of Engineers-Honolulu District staff supported military construction at Hawaii Army posts with the District, completing more than \$159 million in construction, including \$101.6 million in military construction, \$52.9 million in operations and maintenance, and \$4.4 million in civil works/interagency and international services construction.

The District also completed and turned over 13 construction projects worth \$253 million to customers in FY15, including the renovation of Schofield’s Quad D Barracks, Central Vehicle Wash Facility and South Range Campus, and at Fort Shafter, the Child Development Center.

The contract award for the FY14 U.S. Army-Pacific Mission Control Facility Project 2 was completed in September, and the District also conducted the USARPAC Mission Control Facility Project III design charrette.

Honolulu District also completed two photovoltaic projects that can generate up to 748 kilowatts of electricity.

Honolulu District Emergency Management Teams were busy during the 2015 hurricane season as 13 tropical storms or hurricanes passed by Hawaii. The emergency response efforts in Saipan and Hawaii were enabled by tremendous augmentee support from Headquarters USACE, several other divisions and districts, and the 249th Engineer Battalion (Prime Power).

The emergency management teams remained active providing support to Saipan in response to

Typhoon Soudelor into late September, as well as initiating District pre-storm mobilizations for the potential effects of hurricanes and tropical storm systems passing Hawaii.

The District also hosted numerous senior leader visits to its project sites, including former Secretary of the Army John M. McHugh; Lt. Gen. David D. Halverson, commander, U.S. Army Installation Management Command; USARPAC commander Gen. Vincent Brooks (twice); Assistant Secretary of the Army for Installations and Environment Katherine Hammack; Northwestern Division/Pacific Ocean Division Regional Integration Team Chief Stacey Hirata; Dr. Ilker Adiguzel, director of the Construction Engineering Research Laboratory (CERL); and several others.

The District’s Regulatory Office made signifi-

cant efforts in improving coordination/collaboration with interagency and interservice partners throughout the Pacific and creating a more efficient “401” permitting process with the State of Hawaii.

The District consolidated its regional technical and design centers and engineering services into the Regional Engineer Center.

District contract actions signify the Corps’ commitment to provide high-quality facilities to the armed forces, and to protect and improve the lives of the people of Hawaii and the region.

Honolulu District is responsible for major military design and construction, civil works, international and interagency support, real estate services to the Army and Air Force, regulatory work, environmental services and emergency management.

TAMC improves services, heals heroes, plus families

JIM “GOOSE” GUZIOR
Tripler Army Medical Center Public Affairs

HONOLULU — The year 2015 was a year of change, innovation and heroes for the staff and beneficiaries of Tripler Army Medical Center.

High Reliability Organization. In 2014, the Secretary of Defense released a memorandum calling into action a review of access to health care, patient safety and quality of care within the Military Health System. This year, TAMC began the first steps of this process, which leads treatment facilities toward the path of a High Reliability Organization (HRO).

The common attribute of HROs is a focus on elimination of error as it relates to safety. HROs are distinguished by a single-minded focus of the entire workforce on identifying potential problems and high-risk situations before they lead to an adverse event. TAMC took its first steps toward this transformation by reorganizing the staff based on the Medical Command model of an HRO.

Soldiers Are Our Credentials. Soldier stories topped TAMC’s news this year, like medic Pfc. Lewis Garcia, Medical/Surgical Telemetry Ward, who used his newfound medical skills to save an infant’s life while on leave in New York.

1st Lt. Mary Grace Bagalso, a nurse anesthetist, was filmed for an independent movie, “The Women and the Waves 2.” Bagalso is a renowned surfer who has won competitions and has been featured in surfing magazines.

Dr. (Col.) Jeffery Greene, adolescent pediatrician, deployed on a three-month medical mission to Palau to promote health to bring together cultures for lasting positive relationships.

Capt. Timothy Dreyer, deputy chief, Patient Administration Division, received the prestigious Lt. Col. Paul Hatkoff Award in August for his efficient patient administrative and management abilities, and for his willingness to step up and serve in a time of need.

“The first chance I got to work inside the hospital walls, I took, so I could experience how to bridge the gap between the clinical and administrative aspects of running a hospital,” said Dryer.

Clinical Milestones
Room Service. TAMC’s Nutrition Care Division began offering room service dining for inpatients in October.

“Proper nutrition positively impacts clinical outcomes and can reduce a patient’s recovery time,” said Capt. Stephanie Gasper,

chief, Medical Nutrition Therapy. “Room service has the added benefit of allowing the patient to select the food they want to eat, when they want to eat it, which encourages patients to improve their overall nutritional status.”

Exceptional Family Member Program Relocates. In May, EFMP relocated to the third floor of TAMC at 3B-1, Oceanside. In its new location, the clinic created pediatric-friendly rooms that provide children a fun atmosphere, so they feel comfortable while interacting with EFMP staff. The relocation to the third floor also gave the EFMP staff the opportunity to tailor a space that meets the needs of all the services offered by the program.

“The move has ... improved work flow and patient satisfaction,” said Michael Ching, a developmental-behavioral pediatrician at EFMP.

Da Vinci Surgical System. TAMC received the latest update to the Da Vinci Surgical System this past year. One of the most important messages to beneficiaries deciding upon surgical care is that they no longer have to look to mainland clinics or go out of TAMC’s treatment system for their specialty surgery; patients can have it all done at TAMC.

Lt. Col. Jay Schuster, registered nurse and perioperative nursing consultant to the Army Surgeon General, works with the robotic equipment daily and has seen the technology evolve.

“The state-of-the-art technologies that are available to you downtown are also available to you here. We have the latest and the greatest, so if you are a qualifying beneficiary, we can do it here,” Schuster said.

Non-clinical Milestones
Aloha Center & Traffic Solutions. The Tripler One-Stop-Shop Aloha Center relocated and combined the services of Personnel Security and Integrated Technology Center to improve work flow processes and better assist in-processing, permanent staff and visitors.

In an effort to increase traffic flow exiting TAMC, the offices of the provost marshal and Directorate of Emergency Services initiated a traffic pattern change in January that made Krukowski Road into a two-lane, outbound thruway, allowing twice the number of vehicles to exit TAMC.

This new traffic pattern occurs during peak hours of the expected afternoon exodus: Monday-Friday, 2-5 p.m.

(Editor’s note: Read more about TAMC’s year at www.HawaiiArmyWeekly.com.)



Col. Ann M. Sammartino (right), commander, 18th MEDCOM (DS), passes the company guidon to incoming HHC commander Capt. McKinsey Hulen during a change of command ceremony, Oct. 16.

18th builds its resiliency

Story and photo by
SGT. 1ST CLASS JOHN D. BROWN
18th Medical Command (Deployment Support)
Public Affairs

The 2015 calendar for the 18th Medical Command (Deployment Support) looked more like a roadmap of the Indo-Asian Pacific Region than a schedule of events.

Having been designated as the “Operational Arm of Army Health Systems in the Indo-Asian Pacific Region,” the 18th is tasked with providing mission command of Army Health Systems in support of unified land operations in a joint, interagency, intergovernmental and multinational environment in order to contribute to the security and stability of the region.

To fulfill this mission, the 18th traveled the Pacific in support of nine combined exercises like Ulchi Freedom Guardian, Cobra Gold, Balikatan and Angkor Sentinel in 2015, but this is only a small part of the 18th’s role in the Pacific.

The 18th MEDCOM (DS) also visited more than a dozen partner nations in order to provide assistance in a variety of subjects. In Nepal, for example, Soldiers conducted subject matter expert exchanges on preventative medicine and behavioral health topics (as they relate to disaster relief) with the Nepalese armed forces.

The unit also provided assistance to the People’s Army of Vietnam as it continues to build its internal medical capacity to that of a level 2 medical treatment capability, which will be a significant support for humanitarian assistance and disaster relief within the region. The project, which started in late 2014, will continue throughout the coming year.

Additionally, the 18th provided nursing and hospital administration subject matter expert exchange assistance in Mongolia this past April

to share knowledge with members of the Mongolian Armed Forces. Topics for discussion included nursing triage, care of ventilator patients, combat stress control, medical equipment maintenance and lifecycle management.

In total, the 18th MEDCOM (DS) participated in nearly two dozen Army Health Systems-related engagements throughout the Indo-Asian Pacific region in 2015 to assist partners in building health-related capacities and capabilities.

While continually working with our partnered nations, the 18th also welcomed a new commander, Col. Ann M. Sammartino, July 10. For Sammartino, one of the first orders of business was to ensure the command was properly aligned to support the transition of Regional Health Command-Pacific while also supporting U.S. Army-Pacific, U.S. Pacific Command, and the U.S. Army Medical Department.

Sammartino challenged her leaders to re-evaluate the unit’s mission, re-evaluate long-term training and engagement strategies, and focus on maintaining and improving individual and unit readiness for all aspects of the 18th. This was done during a weeklong planning conference at Joint Base Pearl Harbor-Hickam.

As a result, the 18th MEDCOM (DS) wrapped up 2015 with a reinvigorated unit readiness program for 2016, increased awareness of health systems throughout the Pacific and further solidified a firm foundation from which to expand partner-building capacities.

In 2016, the 18th MEDCOM (DS) will begin preparing for engagements with an increased number of countries in the Indo-Asian Pacific region, continue to participate in combined exercises throughout the region and simultaneously implement strategies to enhance individual and unit readiness.

CONTINUED FROM A-1

time in Vietnam and of his son. The occasion was a chance for commanders to experience in the flesh the importance of their jobs as leaders.

“The most meaningful aspect of this training was their interaction with Mr. Hoe,” said Col. David Womack, commander, 2nd BCT, 25th ID. “There was a lot to be taken away from hearing his testimonial on his son’s service as an Army officer and his own service during Vietnam. To hear him and take away something from it connects us with our past.”

With events such as meeting Hoe, Mungadai training differs from most across the Army. While many Mungadai exercises focus mainly on physical fitness, 2nd BCT took a different approach: Historical aspects were added to help commanders build comradery and unit pride in addition to many physically demanding challenges.

“When constructing this training, we were focused on balance,” said Womack. “To achieve this, we combined many different values and training ideas together to form this Mungadai. I was looking to see comradery form between commanders from different battalions, and after the training was complete, I saw just that.”

Following Mungadai, commanders will be more confident in their abilities as leaders and have the comfort of knowing that other commanders are supporting them.

“What I wanted my company commanders to take away from this training is having faith and confidence in each other,” said Womack. “I also hope that they each learned something unique about Hawaii, the unit and themselves.”



Photo by Sgt. Ian Ives, 2nd Brigade Combat Team Public Affairs, 25th Infantry Division

KANEOHE — At the Hawaii State Cemetery, here, Dec. 3, company commanders of the 2nd BCT, 25th ID, receive words of wisdom from Vietnam veteran Allen Hoe (left) during Mungadai leadership training. Hoe gave a testimonial on his son, 1st Lt. Nainoa Hoe, who died while serving with the 25th ID.



Send announcements or news to news@hawaiiarmyweekly.com or call 656-3488.

Survey Says! — The RAND Corporation and ICF International will conduct a random 2015 DOD Health Related Behaviors Survey (HRBS) for service branches. The HRBS asks questions about health-related behaviors, such as diet, exercise, stress, substance use and other health issues related to readiness. Instructions will be sent via mail and email.

The survey will take about 40 minutes to finish. It can be completed during duty hours on a government computer to the Web or a home computer with Internet access.

You are encouraged to complete the survey.

Fireworks — In the holiday tradition, the city issues permits for families to use during the holiday season. However, fireworks are not allowed on military installations. Personnel should not be using fireworks anywhere on the post, at any time.

If you see fireworks, call 438-7114 at Fort Shafter; at Schofield Barracks, 655-5555.

2016 BAH Rates — DOD released the 2016 Basic Allowance for Housing rates. BAH rates will increase an average of 3.4 percent when the new rates take effect, Jan. 1, 2016. An estimated \$21 billion will be paid to approximately one million service members. On average, BAH rates will increase approximately \$54 per month.

Visit www.defensetravel.dod.mil/site/bah.cfm. Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at www.defensetravel.dod.mil/site/bahCalc.cfm.

Catch Up — Each year, Army Benefits Center-Civilian posts Thrift Savings Plan contribution charts that specify the dollar amount an employee needs to contribute each pay period to reach the maximum annual TSP contributions.

The maximum TSP contribution amount for 2016 is \$18,000. The maximum contribution for TSP catch-up is \$6,000.

Employees must be age 50 or older during 2016 and be contributing the maximum contribution to their regular TSP account to be eligible for TSP catch-up.

TSP contribution charts can be found at <https://www.abc.army.mil/TSP/TSP.htm>. For help calculating the amount of contri-

bution, contact a benefits specialist for assistance from 2 a.m. to 2 p.m. (HST) at (877) 276-9287, (785) 240-2222 or by DSN at 520-2222.

Reduction — Effective immediately, there will be a reduction in video and sound support provided by the garrison’s Visual information Center due to decreases in manpower authorizations and budget reductions. The VIC will issue/loan audiovisual equipment and provide training for customers to use at their events. Call 655-5246.

24 / Christmas Eve

Post Offices — Most Post Offices in Hawaii will be closing their retail lobbies at noon on Christmas Eve, Thursday, Dec. 24. Regular mail delivery will not be affected by these retail operation changes.

The Fort Shafter and Tripler Post Offices will be closed all day on Dec. 24; the Schofield Barracks Post Office will be open 9 a.m.-noon. These offices do not provide delivery service.

Revised hours will be posted at each affected Post Office. The exceptions to the noon closures on Christmas Eve follow:

- Aina Haina, Moiliili, MOU 1 and MOU 3 Post Offices will maintain usual hours, Dec. 24.
- Honolulu Main Post Office closes at 2 p.m.; Nanakuli, 2 p.m.; Pukalani, 12:30 p.m.; Uptown, 11:30 a.m.; and Waikiki, 1 p.m.

Post Offices will be closed Dec. 25 and Jan. 1. Only Priority Mail Express will be delivered on Christmas and New Year’s Days. All Post Offices will be open and regular mail delivery will resume Dec. 26 and Jan. 2.

31 / New Year’s Eve

Closed — The Fort

Shafter Housing Services Office will be closed today.

January 2016

1 / New Year’s Day

Tobacco & E-Cigarettes — As of today, the purchase and possession of tobacco products, including electronic smoking devices, will be illegal to those under the age of 21. The Department of Health Tobacco Prevention and Education Program will be creating temporary signage, informational packets and presentations for dissemination.

Also starting on Jan. 1, 2016, e-cigarettes (and any electronic smoking devices) will be banned wherever smoking is currently prohibited by state law.

20 / Wednesday

SATO Hours — The north and south travel offices will change their start time once per month. Fort Shafter’s SATO office hours will be 9 a.m.-4 p.m. every third Wednesday, while Schofield Barracks’ office hours will be 9 a.m.-4 p.m. every fourth Wednesday.

26 / Tuesday

FBTH — The next U.S. Army Garrison-Hawaii Face-book Town Hall meeting is Tuesday, Jan. 26, from 6-7:30 p.m. Log into the “Events” page and ask subject matter experts your questions about programs and services.

Ongoing

Wanted: Judges — An upcoming science and engineering fair for students in grades 6-12 needs judges. Interested? Qualified Soldiers should email sparkcubed@gmail.com.



Hawaii Department of Transportation (HDOT) and USAG-HI advisories for detours, construction and noise advisories. Area codes are 808.

Water Line Work — There will be a road closure on Schofield’s Carpenter Street, 8:45 a.m.-1:45 p.m., to connect a water line. Cones and flagmen will direct traffic, and work will be stopped for pedestrians to pass.

Drive with Pono — HDOT warns that due to an increase in drunk-driving-related fatalities around the holidays each year, police will be stepping up the number of patrols and setting up roadblocks during the “Drive Sober or Get Pulled Over” national mobilization, from today through Jan. 3.

If caught, drivers will be arrested. Arrest is not the intent of enforcement; it’s the hope that high visibility police presence will remind everyone to make better and safer decisions. Visit www.hawaiiishsp.com/.

Doubles Savings — From today through Dec. 20, drivers fueling up with their Military Star card at Exchange gas stations will receive 10 cents off per gallon discount, instead of the usual 5 cents off per gallon. After fueling up, shoppers who make an additional purchase with the card will be treated to a free coffee or fountain drink.

Cardholders earn 2 points for every \$1 spent in Exchange stores and wherever else the card is accepted. For every 2,000 points earned, shoppers will automatically receive a \$20 rewards card. Visit www.myecp.com.

Revised Lane Closure — Schofield’s Leilehua Avenue

will have lane closures in order to perform striping, 8 a.m.-4:30 p.m. All other phases of work have been completed.

Crater Rim Loop — The westbound lane of Aliamanu Military Reservation’s Crater Rim Loop is closed for underground utility work, 7 a.m.-3:30 p.m., until Dec. 31.

19 / Saturday

Water Outages — There will be Fort Shafter water outages, 7 a.m.-1 p.m., affecting buildings 322, T-320, 348, 351 (Teen Center), 355, 346, 344, 347, 345, S-330, S-333, 334, 335, 339, 347, 343, 342, 341, T-340, 434, 435, 438, 439, 443, 441, 405

and 420.

21 / Monday

Modified Flow — There will be intermittent road closures at Kubo Street, Fort Shafter, near Bldg. 127 for the installation of a new water main line. Construction will be weekdays (excluding holidays), 7 a.m.-5:30 p.m., until Feb.19. Construction will occupy Kubo near the intersection of Richardson Street.

Lyman/Flagler — Roadwork begins at the Schofield intersection of Lyman and Flagler. Construction will be phased, with road widening performed first.

Tis the season to know the meaning of ‘just one drink’

J.M. MILLER
Army Substance Abuse Program

Here are some famous last words, “Officer, I only had one drink.”

That may be true, but if that one drink was actually a mixed drink, you probably had five to seven standard drinks. A standard drink of alcohol is the following:

- 12 ounces of beer (5 percent alcohol)
- 5 ounces of wine (12 percent alcohol)
- 1.5 ounces of 80-proof liquor (40 percent alcohol), aka, one “shot.”

By having defined a standard drink, all drinks become equal. For instance, one 12-ounce beer equals one shot, or one 12-ounce beer equals one 5-ounce glass of wine.

However, that doesn’t mean one mixed drink, such as a Long Island Iced Tea, equals one standard drink. Mixed drinks can, and often do, have five to seven shots, or five to seven standard drinks in one glass.

The reason that it is important to recognize a standard drink is so that you can know how much you are consuming.

For every standard drink you consume, it takes your body one standard hour to process it out.

Alcohol affects every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes; however, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body. The intensity of the effect of alcohol on the body is directly related to the amount consumed.

Having one to two standard drinks per day is considered low-risk behavior and will not present a problem with alcohol. Anything above that level of consumption starts to indicate high-risk behavior. Education is the key to prevent problems with alcohol. Know your limits and stick to them.

Take a Stand! against substance abuse and look out for each other, especially during the holidays.

Happy Holidays from the ASAP team.

(Note: Miller is the prevention coordinator at ASAP, Directorate of Human Resources, U.S. Army Garrison-Hawaii.)



Courtesy photo

Take care of yourself and your loved ones. Drink in moderation this holiday season.



Take A Stand! to stay SHARP during the holidays

LISA CHARLES
Sexual Harrassment/Assault
Response & Prevention
U.S. Army-Hawaii

The holiday season is upon us. Unfortunately, so is the season for sexual harassment and sexual assault.

While unit leaders are away on block leave, offenders may use this time as an opportunity to strike.

New arrivals to Hawaii may not have the funds to return home for the holidays, so they have no other option but to stay here, and possibly celebrate the holidays with new friends and co-workers.

Isolation is very real, so each leader must ensure they get to know their Soldiers to ensure they have a plan for the holidays.

Holiday parties may abound and alcohol may flow, and while this is an excellent time to celebrate, holiday hosts should understand the importance of ensuring their holiday events provide a safe environment for all attendees – adults and children alike.

The holidays are no excuse to let your guard down as it relates to sexual assault and sexual harassment.

The U.S. Army-Hawaii Sexual Harrassment/Assault Response & Prevention team

is ready, willing and able to help individuals who have experienced a sexual assault. In addition, USARHAW’s four “S” campaign in Hawaii has the goal of focusing on the prevention of substance abuse, sexual assaults, suicide and safety violations.

In 2014, Maj. Gen. Charles Flynn, US-ARHAW senior commander, summed up the primary prevention strategy of the four S’s holiday campaign succinctly:

“As we enter the holiday season, everyone needs to be vigilant. This is still true today and will remain true for years to come,” he said.

During the holidays, the SHARP program will be fully staffed by caring, professional personnel, 24-hours a day, seven days a week. Every Soldier and Army civilian plays a role in the four “S” campaign and SHARP program, and has the authority to Take a Stand! against any form of sexual harassment or sexual assault when they see it.

The SHARP program encourages every Soldier to intervene, act and mentor: I AM Strong. If you see a Soldier who is at risk, or who is being harassed or assaulted, Take a Stand!

Intervene and call for help if you need assistance. We’re here for you!

(Editor’s note: Charles is the manager of USARHAW’s SHARP.)



Photo by Sgt. Kimberly K. Menzies, 94th Army Air and Missile Defense Command Public Affairs

Leaders from the 94th Army Air and Missile Defense Command tie a teal ribbon to the SHARP tree next to the command’s headquarters to raise awareness in September of 2014.





Briefs

Today

FS School Age Center — The grand opening is at 3 p.m., Dec. 18. This state-of-the-art facility offers themed classrooms, highly qualified and educated staff, performing arts, a technology lab, activity field and much more. Location is Rice Street, Bldg. 890.

Masquerade Ball — Teen grades 7th-12th, come and join the AMR Youth Center for the Winter Wonderland Masquerade Ball, at 7 p.m., Dec. 18th. A live teen DJ and refreshments will be offered.

22 / Tuesday

Tropics — The SB Tropics Recreation Center will hold a “soft” opening, today, at 4 p.m. The high-energy recreation facility offers gaming, state-of-the-art entertainment, food and beverages. Holiday hours follow:

- Sundays, 7 a.m. to 7 p.m.
- Monday-Wednesday, closed.
- Thursday, 4 to 10 p.m.
- Friday and Saturday, 4 p.m. to 12 midnight.
- Christmas & New Year’s Eve, 11 a.m. to 7 p.m.
- Christmas & New Year’s Day, closed.

23 / Wednesday

Gingerbread House — Are you enrolled in the Exceptional Family Member Program? Join EFMP for this event from 10 a.m.-12 noon, Dec. 23, at SB ACS. Bring one bag of candy to share for gingerbread house decorations. Reservations are required at www.himwr.com/acs; click on “class calendar.” Call 655-4227.

Ongoing

Auto Repairs — Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center. Get quality repairs at affordable prices. Call 888-2931 or 769-7454.

Home P.E. — Youth Sports conducts free P.E. classes for military home-school families. Cost is free. Register and include the following information: youth’s name, age/grade, home/cell number and family email address. Visit www.armyhawaiiyouthsports.com or call 655-6465 (SB) or 836-1923

MELE KALIKIMAKA

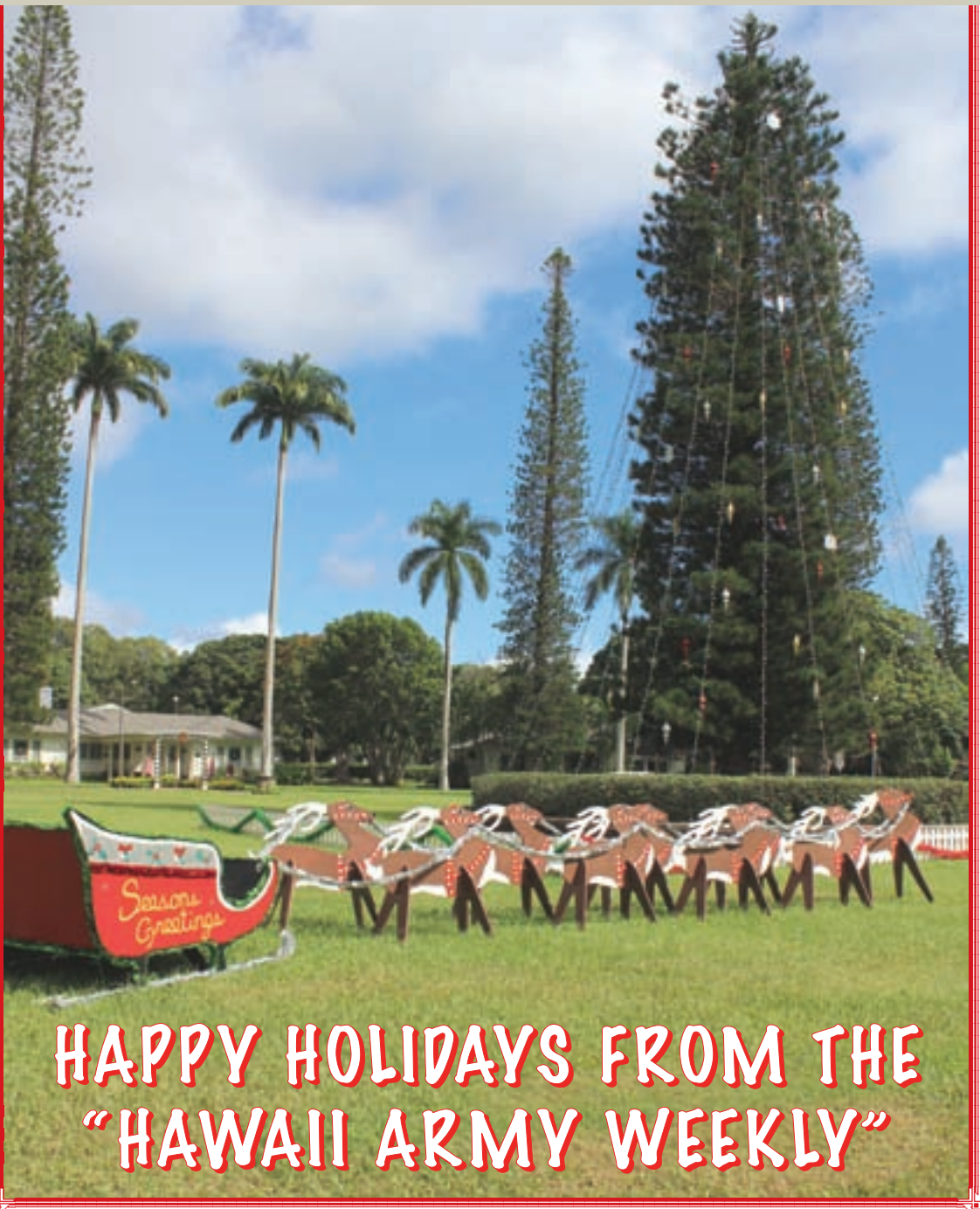


Photo by Doris Pangelinan, Oahu Publications

The Christmas tree on General Loop, Schofield Barracks, is decorated with lights and room for Santa’s reindeer. The tree is on display through the holidays.

(AMR).

2016 Pro Bowl Tickets — Tickets are on sale at the SB Leisure Travel Services office, sold on a first-come, first-served basis, at Bldg. 3320, Flagview Mall, for the Jan. 31, 2016, all-star game at Aloha Stadium. No limit on sales. Ticket purchaser must have a military ID and be 18 years of age or older. Call 655-9971.

Mini Baseball Registration — Register keiki born 2011-2013 for the Jan. 21-March 10, 2016, season through Jan. 6, 2016. Cost is \$20; includes parents and youth receiving a T-shirt. For registration call 655-5314 (SB/HMR/WAAF) or 833-5393

(AMR/FS/Camp Smith).

Torch Club — The Torch Club is looking for volunteer teen leaders. Members help plan and organize teen events, manage the teen lounge, attend leadership camps and trips, meet new teens and have fun participating in leadership and social activities.

Meetings are held at 3:30 p.m., once a week, at the FS Teen Lounge. Call 438-6470.

Teen Manga Club — Get your Manga fix with other teens, 3 p.m., SB Sgt. Yano Library, every second and fourth Wednesday of the month. Call 655-8002.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs.

Get involved and make a difference out in the community with other Soldiers.

•North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.

•South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.

BOSS is waiting for your call at 655-1130.

community
Calendar

Send announcements
a week prior to publication to
community@hawaiiarmyweekly.com.

Today

Polynesian Cultural Center — For the first time ever, the center is celebrating the “12 Days of Christmas” through Dec. 23. Keiki and parents can enjoy oodles of fun, including train and canoe rides (free with Pepsi products beginning at 6:30 p.m.), photos with Santa, a winter wonderland on Dec. 19th, and much more. For more details, visit www.HukilauMarketplace.com/events or call (808) 293-3333. Remember, FMWR’s Leisure Travel Services offers discounts; call 655-9971 (SB) or 438-1985 (FS).

Gas Savings — From Dec. 18-20, drivers fueling up with a Military Star card at Exchange gas stations will receive 10 cents off per gallon instead of the everyday 5 cents off per gallon.

TRICARE — Visit www.tricare.mil/podcast to hear podcasts about reimbursement rates, donating blood, pharmacy home delivery and more.

Festival of Lights — The annual Pearl Harbor Holiday Festival of Lights features decoratively lit ships and submarines through Dec. 25.

Take a public tour by boat in the harbor at 6-8 p.m., Dec. 18. The boats will depart every half hour from the Pearl Harbor Visitor Center; seats and tickets are limited and first-come, first-served, beginning at 5:30 p.m. No reservations required.

No backpacks, fanny packs, luggage, diaper bags, camera bags and purses. Lockers available, through a partner organization, on-site, for a small fee. Photographing security activities is prohibited.

Food Pantry — Garrison chaplains have partnered with 25th Infantry Division chaplains to provide a food pantry for deserving Soldiers and families. Contact your unit chaplain or Religious Affairs specialist for access. Call 655-0149 for more details.

19 / Saturday

Kolekole Walking-Hiking Trail — The trail is open, 5:30 a.m.-6:30 p.m., Dec. 19-20. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. The trail contains hazards, and use of the hiking trail is at your own risk.

Free Screening — The Hickam Memorial Theater will host a free, advanced screening of the movie “Point Break.” Doors open at 2 p.m.; the movie begins at 4 p.m. Tickets are available at Hickam Food Court. Call 422-4425.

Honolulu City Lights Trolley Tours — Ward Village offers tours from the Auahi Street bus stop. Ar-

rive 10 minutes prior to departure, through Dec. 30. A portion of the proceeds goes to the Hawaii Food Bank. Tickets available online at holidaylightstour.com. Call 591-8411.

Haleiwa Night Run — Family Fair begins at 5 p.m., Haleiwa Beach Park, and the family 5K run takes place at 6:45 p.m. Fair is free, with military discount offered for the run. Visit www.niterun.com.

Tasty Treats at the Exchange — Several food trucks will be out in front of the Schofield Exchange to “Rock the Street,” from 10 a.m. to 3 p.m.

22 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel, 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m.

24 / Thursday

Mighty Mo — Santa Claus is celebrating Christmas Eve in Hawaii this year and will be taking photos at the Battleship Missouri Memorial, Thursday, Dec. 24, from 8 a.m. to noon., at the Center Pier.

Photos with Santa are free; admission to the memorial is not required, but encouraged. Round-trip shuttle service is free with admission and \$3 for shuttle just to see

Santa. The memorial is open as regularly scheduled Dec. 24, from 8 a.m. to 4 p.m. It’s closed Christmas Day.

25 / Friday

Aloha Breakfast — Single Soldiers, geographic bachelors and bachelorettes, come and enjoy a delicious and free breakfast, including waffles, bacon, casseroles and homemade cinnamon rolls, Christmas morning from 9-11 a.m., at either the Wheeler Chapel or Schofield Main Post Chapel.

Ongoing

A Christmas Story: The Musical — Diamond Head Theatre’s stage adaptation of the holiday-favorite movie runs until Dec. 23. Call 733-0274.

Food for Families — The ASYMCA at WAAF has an emergency food locker. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Honolulu City Arts and Culture — Learn about free events sponsored by the mayor’s office at www.honolulu.gov/moca/moca-calendar.html.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Temporarily closed
for maintenance

Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A January 2016

reopening

date for movie

viewing

is tentatively

scheduled.

Call Schofield

Exchange at

237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

- Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

2015

YEAR IN

Review



Photo by Staff Sgt. Tramel S. Garrett, 25th Infantry Division Public Affairs

HONOLULU — Maj. Gen. Charles Flynn (front left), 25th ID commander, leads more than 4,000 Tropic Lighting warriors, called the Sounds of Freedom, through the finish line during the Great Aloha Run, Feb. 16.



Photo by Karen A. Iwamoto, Oahu Publications

SCHOFIELD BARRACKS — Fitness instructors Traci LaRosa and Carlie Lawes, left, lead an hour-long R.I.P.P.E.D. fitness class at the Health and Fitness Center, Jan. 6.



Photo by Karen A. Iwamoto, Oahu Publications

SCHOFIELD BARRACKS — Members of the community enjoy the view on the newly reopened Kulekole Walking-Hiking Trail, March 14. The trail is now open on non-training weekends for hikers.



Photo by Ken Tokunana, Family and Morale, Welfare and Recreation

FORT SHAFTER — “Electric Ed” Carbonell demonstrates science at the library, here, Jan. 28.



Photo by Don Robbins, Oahu Publications

SCHOFIELD BARRACKS — Eric Mueller of the Civil War Round Table of Hawaii re-enacts a Civil War battle “charge” at Living History Day, Oct. 17.



Photo by Dede Cornish, Hui ‘O Na Wahine

SCHOFIELD BARRACKS — Breakfast at Tiffany’s wins “Best Performance” at the Hui ‘O Na Wahine Beaux Arts Ball, Feb. 7.

USARHAW

community recalls happenings in 2015

COMPILED BY AIKO ROSE BRUM
U.S. Army Garrison-Hawaii
Public Affairs

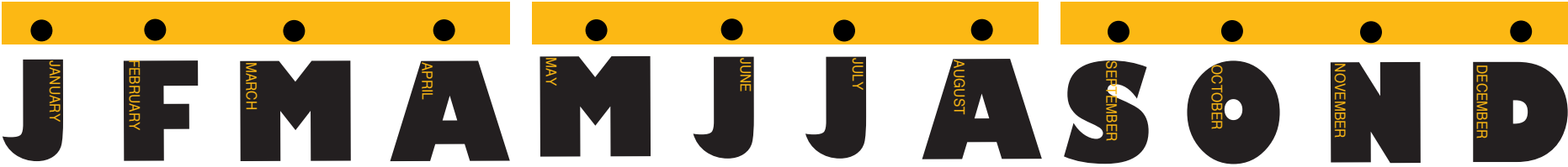
2015 ushered in many changes at the garrison. Among them, the Directorate of Family and Morale, Welfare and Recreation held its first-ever Fitness Resolution, hosted the 2015 U.S. Army Soldier Show and opened the Hangar Entertainment Center. As well, FMWR’s EDGE (Experience, Develop, Grow and Excel)

offered home-schoolers affordable out-of-school opportunities in adventure outings, and libraries regularly offered fun and creative activities for youth, including “Electric Ed.” Island Palm Communities opened new playgrounds and a dog park, continued construction of new homes, and held several open house events for military and civilians wanting to live on post. The Exchange continued to offer rewards for academic excel-

lence with its “You Made the Grade” program, as well as health and fitness, with “Be Fit.” Also, the Commissary continued its scholarships for local college students, its “Choose to Lose” program for health wellness, and began new upgrades in the store. The U.S. Army Health Clinic, Schofield Barracks, hosted a trial, six-month “Performance Triad,” which focuses on nutrition, activity and sleep. The clinic also opened a Child and Family Be-

havioral Health Service and the Army Wellness Center. TRICARE began announcing its new Nurse Advice Line, a 24/7 resource for health care advice. Students at Hale Kula Elementary School began using a brand new two-story, 10 classroom building, and local organizations, continued to make strides. For example, the Hui ‘O Na Wahine All Ranks Spouses Club hosted many events, including its Beaux Arts Ball.

Perhaps the most popular change, however, was the change in operations at the Kulekole Walking-Hiking Trail, which reopened on non-training weekends for trail enthusiasts. Finally, U.S. Army-Hawaii began offering a Community Readiness Expo, a Community Information Exchange, and a Community Information Bulletin, so Soldiers, family members, residents and workers could regularly enjoy complete information.



POSTER CONTEST



This poster was created by 5th grader, Trinity Salas.

Sexual Harassment Assault Response & Prevention
Hawaii SHARP 24 / 7
Hotline (808) 655-9474

Suicide Prevention
Hawaii Hotline
24-hr Crisis Line: (808) 832-3100
Neighbor Islands: (800) 753-6879

Adolescent Support and Counseling Service
(808) 655-9944



Photo by Mark I. Brown, Island Palm Communities

DES Officer Sgt. Wood guides 4-year-old Wyatt Roberts through the DES Bike Rodeo Course that teaches kids bicycle safety.

IPC, DES recognized for safety awareness in local communities

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — The National Association of Town Watch (NATW) recently recognized Island Palm Communities and U.S. Army Garrison-Hawaii’s Directorate of Emergency Services for their efforts in the development and promotion of safety and crime prevention.

The IPC and DES were recognized for their coordination of annual National Night Out events held, here, and on Aliamanu Military Reservation in August and October 2015 that brought together law enforcement agencies, community and civic groups, and other safety and crime prevention organizations.

For the third consecutive year, IPC was recognized with an award in the

Community/Neighborhood category, and DES received an award in the Military category for the second year in a row.

Neighborhood participation, law enforcement involvement, overall campaign, and media and promotional campaigns were among the criteria winners were judged on.

“Our partnership with DES has helped National Night Out grow into a significant community outreach effort at the local garrison,” said Pete Sims, IPC’s project director. “More than 2,000 people attended our events this year, nearly double the amount of attendees from the previous year.”

Sims also commended DES and its bike patrol team for their efforts throughout the year.

Members of the DES supported IPC

staff and residents with “Slow Down Now” campaigns at on-post schools. Sims also commended IPC’s Kids on Patrol; Bike Safety Bonanza, in partnership with the School Liaison Office, Child, Youth and School Services; and Neighborhood Watch programs established throughout IPC neighborhoods.

The NATW is a nonprofit membership organization dedicated to the development and promotion of organized community crime prevention activities and to the groups and the individuals participating in local crime watch efforts.

Nationally, this year’s event was the largest ever involving 38.3 million people in 16,728 communities from all 50 states, U.S territories and military bases worldwide.



‘Take A Stand’ empowers youth to be involved, act

COMPREHENSIVE SOLDIER AND FAMILY FITNESS
News Release

SCHOFIELD BARRACKS — Army teens across the island of Oahu are learning the same resilience and performance skills as their parents while participating in the Youth Take a Stand! program.

“I think it’s really important to tell an adult when you see a friend doing something that might hurt them or someone else,” said 12-year-old Vanessa at the Schofield Barracks Teen Center.

The program was designed to encourage teens to Take A Stand! when it comes to substance abuse, sexual assault, suicide and safety.

Comprehensive Soldier and Family Fitness (CSF2) has teamed up with Adolescence Support and Counseling Services (ASACS) to deliver 10 courses throughout the year to adolescents at the teen centers on Fort Shafter, Aliamanu Military Reservation and Schofield Barracks.

“Our goal is to teach the teens that doing the right thing isn’t always easy, but the consequences of staying silent or ‘loyal’ to a friend may have a significantly negative impact on their life and on the lives of others,” said Karen Costello, master resilience trainer-performance expert (MRT-PE) with CSF2.

The courses include Building Confidence, Assertive Communication, Hunting the Good Stuff and Character Strengths, among others. The content is the same as what is being taught to Soldiers as part of their resilience training, but the delivery is much different.

“We’re providing more of a discussion-based format with interactive activities to really demonstrate the skills being taught,” said Annie Moody, MRT-PE at CSF2.

The 10-course series is being offered at each Teen Center on installations, once a month, for one hour after school. ASACS and CSF2 prepare the lessons and activities to correspond with the topic of the month.

November was safety month, which included social media and situational awareness. ASACS presented valuable information on Internet safety, and CSF2 followed with a brief presentation on the power of your thoughts and how they drive your emotions and reactions.

“Most people believe that activating events produce our emotions and reactions when in reality it’s our interpretations or thoughts about the events that directly produce them. Often our thoughts are the only thing over which we have control,” explained Costello. “This skill brings greater awareness to the role our thoughts play, enabling more productive emotions and reactions.”

The skill of activating event-thought-consequence (ATC) is the foundation on which the CSF2 Resilience and Performance Programs are built.

CSF2 is providing the training in an effort to give teens useful skills that will enrich their communication, resilience and performance skills in their everyday lives.

“If we teach the teens the same skills as their parents, and the family can talk the same language and practice together, it could greatly enhance their cohesiveness and ability to weather obstacles as a unit,” said Moody. “We are so excited to be a part of this program.”

More Online

To learn more information about National Night Out and other initiatives to prevent crime across the country, see <https://natw.org/>.



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Commissaries accepting scholarship applications

MIKE PERRON
Defense Commissary Agency

FORT LEE, Va. — Now entering its 16th year, the Scholarships for Military Children Program will be accepting applications from eligible students beginning Dec. 15 at commissaries worldwide.

A total of 700 scholarship grants, each worth \$2,000, will be awarded for the 2016-17 school year.

Those students selected for the honor will join nearly 9,000 who’ve been awarded more than \$13.9 million in scholarship grants over the last 15 years.

At least one scholarship will be awarded at every commissary location where qualified applications are received. Additional recipients will be selected based on a prorated basis, so more scholarships will be awarded at those commissaries with larger numbers of applicants.

To qualify for consideration, applicants must be a dependent, unmarried child, younger than 21 – or 23, if enrolled as a full-time student at a college or university – of a service member on active duty, a Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applications must be hand-delivered or shipped via U.S. Postal Service or other delivery methods to the commissary



Photo courtesy of Schofield Barracks Commissary

SCHOFIELD BARRACKS — The Hawaii winners of the DeCA 2015 Scholarships for Military Children program are from left, Jasmin Ash, 21; Brandon R. Takao, 18; and Arianna Sala, 17.

where the applicant’s family normally shops by close of business Feb. 12, 2016. Applications cannot be emailed or faxed.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2016 or be enrolled in studies designed to transfer to a four-year program.

Students who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this scholarship program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships.

The commissary’s industry partners – vendors, suppliers and manufacturers – and the general public donate money to the program, and every dollar donated goes directly toward funding the scholarships.

Note, applications may not be submitted online.

More Online

For more information, students or sponsors can visit www.militaryscholar.org.
Call Scholarship Managers at (856) 616-9311 or email militaryscholar@scholarshipmanagers.com.

Exchange cards are great gifts, too

ARMY & AIR FORCE EXCHANGE SERVICE
NEWS RELEASE

SCHOFIELD BARRACKS — Hawaii Exchange shoppers can send a little holiday cheer to military service members this year by purchasing an Exchange gift card.

Service members can use Exchange gift cards to purchase snacks, electronics, books, clothing or even jewelry at any Army, Air Force, Navy or Marine Corps exchange.

“Purchasing an Exchange gift card for a service member is a great way to remind our military that they are valued by those they serve to protect,” said General Manager Robert Rice. “It only takes a minute, and while it’s a small token of appreciation, rest assured it makes a big impact for those who work to protect American freedoms.”



Courtesy Photo

“How to” for gift cards

While only authorized military shoppers can redeem Exchange gift cards, anyone can send one by simply calling 800-527-2345 or visiting www.shopmyexchange.com and clicking “Purchase Gift and Phone Cards” at the bottom of the page.

From there, Exchange gift cards, ranging in values from \$10 to \$500, can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to “any service member”

Anyone can purchase an Exchange gift card, but only authorized shoppers can redeem them.

through the Fisher House Foundation, Air Force Aid Society, Warrior and Family Support Center or Navy-Marine Corps Relief Society.

The gift cards can be redeemed at Exchanges in all 50 states and more than 30 countries.



Double savings on for gas, Dec. 18-20

ARMY & AIR FORCE EXCHANGE SERVICE
NEWS RELEASE

DALLAS — The Army & Air Force Exchange Service is keeping military shoppers’ wallets from running on empty this holiday season by doubling the discount Military Star cardholders receive on fuel.

From Dec. 18 through Dec. 20, drivers fueling up with a Military Star card at Army and Air Force gas stations will receive 10 cents off per gallon instead of the everyday 5 cents per gallon discount.

“With the last weekend of holiday shopping approaching, we’re giving military shoppers an extra reason to come on base or post and see what the Exchange has in store,” said Air Force Chief Master Sgt. Sean Applegate, the Exchange’s senior enlisted adviser.

“The extra savings at the pump are all part of the value authorized shoppers find at the Exchange,” he said.

After fueling up, shoppers who stop into the Express and make an additional purchase with their Military Star card will be treated to a free coffee or fountain drink.

When drivers use their Military Star card at the pump, they’ll earn points as part of the new rewards program, which launched this fall.

Cardholders earn 2 points for every \$1 spent in Army, Air Force, Marine Corps and Navy exchange stores, and wherever else the Military Star card is accepted. For every 2,000 points earned, shoppers will automatically receive a \$20 rewards card.

Every day, shoppers can reap the benefits of paying with their Military Star card. Besides the typical discount of 5 cents per gallon on all gas purchases, cardholders enjoy a 10 percent discount on all Exchange food court purchases year-round and free standard shipping at shopmyexchange.com.

Holiday

S E R V I C E S

■ The Religious Support Office will hold the following services/events during this holiday season. ■

Catholic

- Fourth Sunday of Advent**
Dec. 19, 5 p.m., at Wheeler Chapel
Dec. 20, 10:30 a.m., at MPC
- Dec. 24, 4 p.m., Christmas Family Mass at MPC, AMR Chapels**
- Dec. 24, 10 p.m., Christmas Eve Mass** at Wheeler Chapel
- Dec. 25, 10:30 a.m., Christmas Day Mass** at MPC
- Dec. 26/27, Feast of the Holy Family of Jesus, Mary and Joseph
- Dec. 31, 5 p.m., Vigil Mass for Mary, Mother of God at AMR Chapel
- Jan. 1, 2016, 11:45 a.m., Mary Mother of God at Soldiers Chapel
- Jan. 2/3, Epiphany of the Lord**
Jan. 9, 5 p.m., at Wheeler Chapel

Protestant

- Dec. 24, 5 p.m., Christmas Eve Service** at Fort DeRussy Chapel
- Dec. 24, 6:30 p.m., Joint Contemporary Christmas Eve Service** at MPC
- Dec. 24, 7 p.m., Christmas Eve Candlelight Service** at AMR Chapel
- Dec. 24, 7 p.m., Christmas Eve Service** (Traditional) at Wheeler Chapel
- Dec. 25, 10 a.m., Aloha Breakfast**, Christmas day at MPC
- Dec. 25, 10 a.m., Aloha Breakfast, Christmas day** at Wheeler Chapel



Goodness and light come from ceramic trees

Less than two weeks until Christmas, and I haven't sent out our annual photo cards.

I haven't finished buying gifts for my various relatives, friends, family, neighbors and pets. I haven't baked Francis' favorite Cranberry Pinwheels or Hayden's favorite Onion Swiss Bread or Grammy's favorite Cheese Ball.

I haven't moved the Elf on the Shelf from his original spot in a box in our basement. And I'm embarrassed to say, we haven't even bought a tree, yet.

I'm way behind this year, but I won't panic because I already did the one thing that keeps me grounded through the holidays.

No, I didn't put a shot of Jamesons in my morning coffee. I didn't book a flight to Cancun to hide out until the kids go back to school. And I didn't convert to Buddhism to avoid the holiday altogether. All I did was plug in an old ceramic Christmas tree.

If you were born before 1985, you know what I'm talking about. Our mothers, aunts and grandmothers made them at local ceramics shops back in the day.

When I was a kid, it seemed there was a ceramic Christmas tree glowing in the win-



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

dow of every split-level, doublewide and brick ranch in town. Problem was, we didn't have one in our brick ranch. Why? My mother thought they were tacky.

Sometimes, we visited our friend's house who had a huge ceramic tree in the front window. I couldn't stop staring at it. The vivid colors of the plastic pegs, glowing from the light bulb within, seemed impossibly pure.

Cobalt blue, emerald green, golden yellow, ruby red and hot magenta. It was an irresistible feast for my ceramic-tree-deprived eyes.

To me, that lighted tree somehow symbolized everything that is good about the holiday season.

Twenty years later, I was pushing our stroller through a seedy indoor flea market in an old strip mall in Virginia Beach, when I saw it. Francis was gone on some kind of military duty, and I had three kids under the

age of 5. Needless to say, I was stressed.

I have no idea what possessed me to wander into the flea market, but three isles in, past the creepy dolls, the handbag knock-offs and the suspicious electronics, there it was – a beautiful 1971 ceramic Christmas tree gleaming like a beacon in that broken down strip mall.

"Eleven dalla," the tiny Filipino woman barked at me from behind the table heaped with old junk.

I counted out the paltry sum and took my prize home. There on my kitchen counter, radiating precious jewel tones beside my toaster, was my sanity.

The mesmerizing sight of the vintage tree transported me away from the mayhem. Away from the obligation to spend hundreds on meaningless gift cards for people we hardly know. Away from the photo cards mailed out to so many recipients; there's no time to even sign our names. Away from the minute-by-minute distraction of cell phones. Away from the 24-hour line-up of holiday television programming clogging up our DVRs.

Instantly, the lighted tree catapulted me back to my childhood. To a time before the Internet, digital photos, Black Friday, Cyber Monday and Throwback Thursday.

(Editor's note: Read the rest of this article at www.hawaiiarmyweekly.com.)



TAMC TIP

Drinking and DUIs

As the holiday season fast approaches, remember to take a moment to plan ahead for social gatherings with friends and loved ones. If you have a drink, remember to also have the number for a taxi readily available. The cost of a cab is much cheaper than the cost of a DUI. If you are an adult over the age of 18 and think that you may have a problem with drugs or alcohol, please call the Tripler Army Medical Center's Addictions Medicine Intensive Outpatient Treatment Program (AMIOP) at (808) 433-6098, today. Tripler's AMIOP wishes everyone a happy and safe holiday season!



Photo by Petty Officer 1st Class Julie Ma, Navy Media Content Services

Charlie Ross, Substance Abuse Rehabilitation Program counselor, and Jennifer Dolehite, U.S. Fleet Forces Alcohol and Drug Control Officer, demonstrate how an Alcohol Detection Device is used when someone is stopped on suspicion.

All must keep their eyes on the road

Motorists should not drive about distracted

CHAPLAIN (LT. COL.) DAVID BOWERMAN
Army News Service

On Dec. 27, 2014, a 41-year-old husband and father of two was riding his bicycle during daylight hours in Baltimore in a marked bike lane, when he was struck by a car and killed. Police charged a local clergywoman, a bishop who presided over a large denomination, with driving under the influence of alcohol, texting while driving, as well as leaving the scene of an accident, although she later returned. Certainly, the bishop did not set out that day to kill a man, ruin her career and damage the reputation of her church. However, as the old adage goes, “You don’t plan to fail; you fail to plan.”

The events of that day were set into motion long before she placed the key into the car’s ignition switch. Thanks to public safety campaigns and messaging by groups such as Mothers Against Drunk Driving, there is an increased awareness of the dangers associated with driving under the influence and driving while intoxicated. It is not unusual to have a designated driver, one who agrees to remain sober during a night out and agrees to safely transport others who are not. Yet, the problem still exists. Distracted drivers are menaces on the road. Have you ever been behind a car that randomly drifted from one traffic lane to another or cruised at inconsistent speeds? When you have the opportunity to pass, what do you see? The driver is often talking on the phone or looking at the screen.



Courtesy photo
All must drive with care – everywhere!

Many people believe texting while driving is not a problem for them. Maybe they have been driving for years or are traveling on familiar roads. These drivers may believe distracted driving is an issue for young people or inexperienced drivers. However, what all drivers need to do is hang up the phone or use a hands-free device, if legal, and drive. Whether drivers around you are drunk, impaired or distracted, please practice attentive driving.

TRICARE travels with you during the holiday time

TRICARE
NEWS RELEASE

Many people travel this time of year, but don’t forget that TRICARE goes with you. There are multiple, convenient online and telephone customer service options for when you have questions about your health care benefit. Be sure to download the contact wallet card to have state-side and overseas contacts in one place – your wallet. The rules for getting care depend on your health plan and where you’re going. Get routine and preventive care before you travel. In an emergency, go to the nearest emergency room. TRICARE covers emergency care. Not sure if you have an emergency? Ask yourself, is this life threatening? Does it require immediate medical care? Are the symptoms so painful that I need immediate help? If so, then you may have an emergency.



Stateside, you can contact the TRICARE Nurse Advice Line for medical advice in nonemergency situations. If you’re TRICARE Prime, contact your primary care manager or regional contractor as soon as possible if you are admitted to a hospital or need specialty care. For dental care, if you’re enrolled in the TRICARE Dental Program and traveling stateside, call Metlife for a participating dentist at 1-855-638-8371. Overseas beneficiaries can call 1-855-638-8372. If you’re enrolled in the TRICARE Retiree Dental Program and traveling stateside or in the U.S. territories, find a TRDP network dentist or call Delta Dental at 1-888-838-8737. If you’re overseas and need to find a dentist, visit trdp.org, or call the AT&T USADirect Access Number +866-721- 8737. You may also call International SOS collect at 1-215-942-8226. Tell the International SOS operator that "Delta Dental" is your dental insurance carrier. Under either dental program, you can use any dentist. If you use a network dentist, you save both time and money. One thing we tend to leave out of our travel planning is our prescription drugs. Fill your prescriptions before you leave. Pack them in your carry-on luggage, not your checked baggage, just in case. If you have to fill your prescription while you’re traveling, you may be able to use a military pharmacy if you’ve had prescriptions filled there. Call the TRICARE Pharmacy contractor, Express Scripts, Inc. for advice at 1-877-363-1303 (stateside) or 1-866-275-4732 (overseas, where toll-free service is available). You may be able to visit a network pharmacy if you fill your prescriptions at the same chain’s pharmacy in your hometown. Getting your drugs refilled when you travel isn’t always easy, so plan ahead. Don’t let questions about your health plan spoil your holiday plans.

More Online
If you lose your wallet card, you can find TRICARE contact numbers at www.tricare.mil/CallUs.

